

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 0 (1)
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GUIDELINES FOR RELISH TRAYS OR SALAD BARS

Crisp, colorful relishes may be served on relish trays or salad bars. Raw vegetable relishes (celery sticks, carrot sticks, or radishes) and pickles, pickled peppers, or olives may be used. Salad greens along with the other foods may be added for "make-your-own" salads from the Salad Bar. Prepare fresh vegetables according to Guidelines for Preparing Fresh Vegetables and Fruits (Recipe No.A-31). Place prepared relishes in covered containers. Refrigerate until served.

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. or Container	E.P.
Alfalfa sprouts, fresh.	2 tbsp.	1 lb 9 oz.	1 lb 9 oz.
Apple rings, spiced.	1 ring.	1 $\frac{1}{6}$ -No. 10 cn (7 lb 14 oz)	3 lb 15 oz.
Bacon bits, imitation.	1 tbsp.	1 $\frac{1}{8}$ -22 oz cn (1 lb 9 oz).
Beans, kidney.	2 tbsp.	1 $\frac{1}{6}$ -No. 10 cn (8 lb).	5 lb.
Bean sprouts, canned.	1 $\frac{1}{4}$ cup.	4-No. 10 cn (25 lb 8 oz). .	12 lb 12 oz.
Bean sprouts, fresh.	2 tbsp.	3 lb 2 oz.	3 lb 2 oz.
Beets, sliced.	4 slices.	3-No. 10 cn (19 lb 8 oz). .	12 lb 3 oz.
Broccoli, fresh.	2 to 3 stalks.	25 lb 10 oz.	20 lb.
Broccoli, fresh, flowerets (2 to 2 $\frac{1}{2}$ inch)	2 flowerets.	9 lb 14 oz.	4 lb 8 oz.
Cabbage, fresh, shredded.	2 tbsp.	2 lb 7 oz.	1 lb 15 oz.
Carrots, fresh, slices (1 $\frac{1}{4}$ inch).	2 tbsp.	5 lb 2 oz.	4 lb 3 oz.
Carrots, fresh, strips (4 by 1 $\frac{1}{2}$ inch)	6 strips.	8 lb.	6 lb 9 oz.
Cauliflower, fresh.	2 flowerets.	12 lb.	10 lb.
Celery, fresh, diced (1 $\frac{1}{4}$ inch).	2 tbsp.	4 lb 5 oz.	3 lb 2 oz.
Celery, fresh, sticks or strips (1 $\frac{1}{2}$ inch)	4 strips.	9 lb.	6 lb 9 oz.

M-G. SALADS, SALAD DRESSINGS, AND RELISHES No. 1(1)

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. or Container	E.P.
Cheese, Cheddar, American, Monterey Jack or Mozzarella, shredded	2 tbsp.	2 lb 1 oz.
Cheese, cottage.	2 tbsp.	6 lb 4 oz.
Chow mein noodles.	1/3 cup.	3-No. 10 cn (4 lb 8 oz).
Crabapples, spiced, whole.	1 crabapple. . .	2-No. 10 cn (13 lb 4 oz)	7 lb.
Croutons.	8 croutons.	1 gal.
Cucumbers, fresh, pared, sliced. .	4 slices.	9 lb.	7 lb 9 oz.
Endive or escarole, fresh.	variable.	5 lb.	4 lb 8 oz.
Lettuce, fresh, trimmed, separated	variable.	4 lb 5 oz.	4 lb.
Mushrooms, sliced, fresh, trimmed	2 tbsp.	3 lb 7 oz.	3 lb 2 oz.
Mushrooms, sliced, canned.	1 tbsp.	2 1/4 jumbo cn (4 lb).	2 lb 4 oz.
Olives, green, unpitted.	3 olives.	3 3/4-1 qt jr (6 lb 12 oz). .	4 lb 14 oz.
Olives, ripe, whole, unpitted or pitted	3 olives.	6 1/4-No. 300 cn (5 lb 13 oz)	2 lb 9 oz.
Onions, dry, chopped.	2 tbsp.	4 lb 10 oz.	4 lb 3 oz.
Onions, dry, sliced.	3 to 4 slices. . .	6 lb 11 oz.	6 lb.
Onions, green, whole.	1 green onion. .	3 lb.	2 lb 8 oz.
Onions, green, chopped.	2 tbsp.	3 lb 5 oz.	2 lb 12 oz.
Peas, chick (garbanzo beans). . .	2 tbsp.	7-15 to 16 oz cn (7 lb).	4 lb 11 oz.
Peppers, pickled, cherry, whole. .	1 to 2 peppers. .	6-1 qt jr (9 lb 9 oz).	6 lb 12 oz.

(CONTINUED)

M-G. SALADS, SALAD DRESSINGS, AND RELISHES No. 1(2)

GUIDELINES FOR RELISH TRAYS OR SALAD BARS

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. or Container	E.P.
Peppers, pickled, jalapeno.	1 to 2 peppers. . .	2-No. 10 cn (12 lb 12 oz) or 6 ¹ / ₃ -1 qt jr	8 lb.
Peppers, sweet, fresh, diced, 1/2 inch	2 tbsp.	3 lb 13 oz.	3 lb 2 oz.
Peppers, sweet, fresh, strips.	variable.	6 lb 8 oz.	5 lb 5 oz.
Pickles, cucumber, dill, whole (cut in sticks (6 per pickle)	4 sticks.	2-1 gal jr (17 lb 7 oz or 2 ¹ / ₂ -No. 10 cn (17 lb 2 oz)	10 lb 7 oz. 10 lb 7 oz.
Pickles, cucumber, sweet, whole. . .	1 to 2 pickles. . .	2-No. 10 cn (15 lb 13 oz). . .	9 lb 8 oz.
Pickles, mixed, sweet.	3 to 4 pickles. . .	1 gal jr (9 lb 14 oz) or 1 ¹ / ₄ -No. 10 cn (10 lb 2 oz)	5 lb 15 oz. 6 lb 1 oz.
Radishes, fresh.	3 radishes.	7 lb 12 oz.	7 lb 2 oz.
Radishes, fresh, slices, 1/8 inch. . .	2 tbsp.	3 lb 8 oz.	3 lb 3 oz.
Romaine, fresh.	variable.	4 lb 12 oz.	4 lb 8 oz.
Rutabagas, fresh, pared, 3 ¹ / ₂ by 1/2 by 1/4 inch	3 strips.	4 lb 14 oz.	4 lb 2 oz.
Spinach, fresh.	variable.	4 lb 8 oz.	4 lb 2 oz.
Tomatoes, fresh, cherry.	2 to 3 tomatoes	7 lb.
Tomatoes, fresh, wedges (8 wedges)	2 wedges.	8 lb 5 oz.	8 lb 2 oz.
Tomatoes, fresh, sliced (6 slices). . .	2 slices.	11 lb 5 oz.	11 lb 2 oz.
Turnips, fresh, pared, 2 ¹ / ₂ by 1/2 by 1/4	3 strips.	3 lb 11 oz.	3 lb.

REVISION

APPLE, CELERY, AND PINEAPPLE SALAD**YIELD: 100 Portions****EACH PORTION: 1/2 Cup (3 1/2 Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad vegetables and fruits as directed on Recipe No. A-31.
Salad Dressing. Apples, fresh, eating, cored, unpared, diced 1/2 inch	2 lb. 9 lb.	1 qt. 2 1/2 gal	2. Combine Salad Dressing and apples.
Pineapple, canned, chunks or tidbits	6 lb 12 oz	3 qt (1-No. 10 cn)	3. Drain pineapple.
Celery, fresh, chopped	3 lb.	2 1/4 qt.	4. Add pineapple and celery to apple mixture; mix lightly
Lettuce, fresh, trimmed	4 lb.	5. Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture. Cover; refrigerate until ready to serve.

NOTE: 1. In Step 1: 10 lb 10 oz fresh eating apples A.P. (26 apples) will yield 9 lb unpared, diced apples; 4 lb 2 oz fresh celery A.P. will yield 3 lb chopped celery.

2. In Step 2, $\frac{1}{2}$ recipe Quick Fruit Dressing (Recipe No. M-56) may be used for salad dressing. In Step 3, reserve $1\frac{1}{3}$ cups pineapple liquid. Use pineapple liquid for pineapple juice.
3. In Step 2, 2 lb (1 qt) fat free Salad Dressing may be used.
4. In Step 5, 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
5. One No. 8 scoop may be used. See Recipe No. A-4.

VARIATIONS

1. CABBAGE, APPLE AND CELERY SALAD: Follow Step 1. In Step 2, decrease apples to 3 lb 8 oz (1 gal) (4 lb 2 oz A.P.). Omit Steps 3 and 4. Use 4 lb (3 qt) fresh, chopped celery (5 lb 8 oz A.P.) and 12 lb ($5\frac{1}{4}$ gal) fresh shredded cabbage (15 lb A.P.). Combine with apple mixture. Cover; refrigerate at least 2 to 3 hours or until ready to serve. Omit Step 5.
2. CABBAGE, APPLE AND RAISIN SALAD: Follow Variation 1 except omit celery. Add 2 lb 9 oz (2 qt) raisins.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 2

SPINACH SALAD

YIELD: 100 Portions			EACH PORTION: 1 Cup (2½ Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe A-31. Tear spinach leaves into small pieces.
Eggs, hard cooked, chopped	1 lb 8 oz	1 ¼ qt.	2. Combine eggs, onions, mushrooms, and spinach. Toss lightly to mix ingredients. 3. Cover; refrigerate until ready to serve.
Onions, dry, sliced 1/8 inch	2 lb 12 oz	2 ¾ qt.	
Mushrooms, fresh, sliced	3 lb.	4¾ qt.	
Spinach, fresh.	8 lb.	
Bacon, raw	3 lb			4. Cook bacon until crisp; drain, chop 5. Add bacon just before serving. Toss lightly.

NOTE: 1. In Step 1, 8 lb 12 oz fresh spinach A.P. will yield 8 lb trimmed spinach; 3 lb dry onions A.P. will yield 2 lb 11 oz sliced onions; and 3 lb 5 oz fresh mushrooms A.P. will yield 3 lb sliced mushrooms.

2. In Step 4, 7 oz ($1\frac{3}{4}$ cups) imitation bacon bits may be used.
3. In Step 5, serve with 6 lb 4 oz ($12\frac{1}{2}$ cups) prepared fat free Red Wine Vinaigrette Dressing or 1 recipe Vinaigrette Dressing (Recipe No. M-55) or 1 recipe Red Wine Vinaigrette Dressing (Recipe No. M-3)

VARIATIONS

1. SPINACH AND APPLE SALAD: Follow Step 1. In Step 2 omit eggs, onions, and mushrooms. Use 6 lb (about $1\frac{3}{4}$ gal) $\frac{1}{2}$ inch diced red tart apples (7 lb 1 oz A.P.), 2 lb 12 oz ($8\frac{1}{4}$ cups) chopped onions (3 lb 1 oz A.P.) and 1 lb 15 oz ($1\frac{1}{2}$ qt) raisins. Follow Step 3. Omit Steps 4 and 5.
EACH PORTION: $1\frac{1}{3}$ Cups (3 Ounces)
2. SPINACH AND MUSHROOM SALAD: Follow Step 1. In Step 2, omit eggs; increase mushrooms to 4 lb 8 oz ($7\frac{1}{4}$ qt) (4 lb 15 oz A.P.). Follow Step 3. Omit Steps 4 and 5.
EACH PORTION: $1\frac{3}{4}$ Cups (2 $\frac{1}{2}$ Ounces)

RED WINE VINAIGRETTE DRESSING

YIELD: 2 Quarts			EACH PORTION: 1 Tablespoon (1/2 Ounce)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Sugar, granulated.	2 ¹ / ₄ oz. ...	5 tbsp.	1. Combine sugar, mustard flour, paprika, pepper, vinegar and water; blend well.
Mustard flour.	1/2 oz. ...	2 ² / ₃ tbsp	
Paprika, ground.	1/2 oz. ...	2 tbsp.	2. Mix at medium speed 2 minutes using a wire whip.
Pepper, black.	1/2 oz. ...	2 tbsp.	
Vinegar, red wine. ...	1 lb 4 oz	2 ¹ / ₂ cups	
Water.	1 lb 4 oz	2 ¹ / ₂ cups	
Salad oil or olive oil. .	1 lb 2 oz	2 ¹ / ₃ cups	3. Add oil gradually while mixing at low speed 3 minutes; scrape down bowl.
				4. Mix at medium speed 2 minutes or until well blended.
				5. Cover; refrigerate until ready to serve.
				6. Whip or stir well before using.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 4

FRIJOLE SALAD

YIELD: 100 Portions			EACH PORTION: 3/4 Cup (4 Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Beans, kidney, canned	6 lb 14 oz	3 qt (1-No. 10 cn)	2. Drain beans; rinse well; drain.
French Dressing, low calorie, prepared	4 lb 2 oz	2 qt.	3. Combine beans and French Dressing.
				4. Cover; refrigerate at least 6 hours. Keep refrigerated until ready to serve.
Cabbage, fresh, shredded	8 lb.	3 1/2 gal	5. Add cabbage, tomatoes, and cucumbers just before serving.
Tomatoes, fresh, diced	6 lb.	1 gal.	Mix lightly.
Cucumbers, fresh, pared, sliced	3 lb 8 oz	3 1/2 qt.	

- NOTE: 1. In Step 1: 10 lb fresh cabbage A.P. will yield 8 lb shredded cabbage.
 6 lb 2 oz fresh tomatoes A.P. will yield 6 lb diced tomatoes.
 4 lb 2 oz fresh cucumbers A.P. will yield 3 lb 8 oz pared, sliced cucumbers.
2. In Step 2, 7 lb (7-No. 303 cn) canned kidney beans may be used.
3. In Step 2, 1 recipe French Dressing (Recipe No. M-58) may be used.

REVISION

CARROT SALAD

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 5(l)



REVISION

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 5(2)

CARROT SALAD

YIELD: 100 Portions				EACH PORTION: 1/2 Cup (3 Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe No. A-31.
Carrots, fresh, shredded	10 lb.	2 1/2 gal.		2. Combine carrots, celery, and raisins.
Celery, fresh, chopped	3 lb.	2 1/4 qt.		
Raisins.	1 lb 15 oz	1 1/2 qt.		
Milk, nonfat, dry...	2 1/2 oz. ...	9 tbsp.		3. Reconstitute milk; combine with Salad Dressing, salt, sugar, and lemon juice. Blend well. 4. Add to vegetables; toss together lightly.
Water, warm.	10 oz.	1 1/4 cups		
Salad Dressing.	2 lb 8 oz. ..	1 1/4 qt.		
Salt.	1 oz.	12/3 tbsp		
Sugar, granulated. .	2 oz.	1/4 cup.		
Juice, lemon (optional)	2 oz.	1/4 cup.		
Lettuce, fresh, trimmed (optional)	4 lb.	5. Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate at least 2 to 3 hours. Keep refrigerated until ready to serve.

- NOTE:**
1. In Step 1: 12 lb 3 oz fresh carrots A.P. will yield 10 lb shredded carrots.
4 lb 2 oz fresh celery A.P. will yield 3 lb diced celery.
6 oz lemons A.P. ($1\frac{1}{2}$ lemons) will yield $\frac{1}{4}$ cup juice.
 2. In Step 2, 2 lb 8 oz ($1\frac{1}{4}$ qt) fat-free Salad Dressing may be used.
 3. In Step 5, 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
 4. One No. 8 scoop may be used. See Recipe No. A-4.

VARIATIONS

1. **CARROT AND PINEAPPLE SALAD:** Follow Step 1. In Step 2, omit celery and raisins. Use 6 lb 12 oz (1-No. 10 cn) canned, drained, pineapple chunks or tidbits. Follow Steps 3 through 5.
2. **CARROT, CELERY, AND APPLE SALAD:** Follow Step 1. In Step 2, omit raisins. Use 8 lb (2 gal) shredded carrots (9 lb 12 oz A.P.), 3 lb ($2\frac{1}{4}$ qt) chopped celery (4 lb 2 oz A.P.) and 4 lb 8 oz ($1\frac{1}{4}$ gal) diced unpared apples (5 lb 5 oz A.P.). Follow Steps 3 through 5.

PIMIENTO CHEESE STUFFED CELERY**YIELD: 100 Portions****EACH PORTION: 2 Pieces (1½ Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare celery as directed on Recipe No. A-31.
Celery, fresh, 2 to 3 inch pieces	6 lb. . . .	200 pieces	2. Place celery in ice water 1 hour or until crisp. Drain. Place on sheet pans lined with waxed paper. Refrigerate for use in Step 4.
Water, ice.	to cover.	
Cheese, Cheddar or American, shredded	3 lb. . . .	2¼ qt.	3. Combine cheese, pimientos, Salad Dressing, red pepper and Worcestershire sauce; blend well.
Pimientos, canned, drained, chopped	14 oz. . .	1½ cups (½-No. 2½ cn)	
Salad Dressing.	8 oz. . . .	1 cup.	
Pepper, red, ground	½ tsp.	
Worcestershire sauce	1 tbsp.	
				4. Fill hollow section of each celery piece with mixture.
				5. Cover; refrigerate until ready to serve.

REVISION

(OVER)

- NOTE:**
1. In Step 1, 8 lb 4 oz fresh celery A.P. will yield 6 lb trimmed celery cut into 2 to 3 inch pieces.
 2. In Step 2, 1 lb ($\frac{1}{3}$ -No. 10 cn) canned cheese, American, dehydrated combined with 1 cup warm water may be used. See Recipe No. A-28.
 3. In Step 2, 2-7 oz cn canned pimientos may be used.

VARIATIONS

1. **COTTAGE CHEESE STUFFED CELERY:** Follow Steps 1 and 2. Omit Step 3. Combine 2 lb (1 qt) cottage cheese, $2\frac{1}{4}$ oz ($\frac{1}{4}$ cup) tomato catsup, $1\frac{1}{3}$ oz (2 tbsp) prepared horseradish and 2 tsp grated dry onions; blend thoroughly. Follow Steps 4 and 5. **EACH PORTION:** 2 Pieces (1 Ounce)
2. **PEANUT BUTTER STUFFED CELERY:** Follow Steps 1 and 2. Omit Step 3. Combine 1 lb 2 oz (2 cups) peanut butter with 1 lb ($1\frac{1}{2}$ cups—1 lb jr) honey; blend thoroughly. Follow Steps 4 and 5. **EACH PORTION:** 2 Pieces (1 Ounce).
3. **CREAM CHEESE STUFFED CELERY:** Follow Steps 1 and 2. Omit Step 3. Use 2 lb (1 qt) cream cheese, softened. Follow Steps 4 and 5. **EACH PORTION:** 2 Pieces (1 Ounce).

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 7

CHEF'S SALAD

YIELD: 100 Portions				EACH PORTION: See Step 6
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe No. A-31.
Lettuce, fresh, trimmed	7 lb.	2. Tear or cut prepared lettuce into large pieces.
Cabbage, fresh, shredded	1 lb.	6½ cups	3. Combine lettuce with cabbage, peppers, celery and cucumbers; toss lightly. 4. Cover; refrigerate for use in Step 6.
Peppers, sweet, fresh, diced, ½ inch	2 lb.	2 qt.	
Celery, fresh, diced, ¼ inch	3 lb.	3 qt.	
Cucumbers, fresh, pared, sliced, ⅛ inch	2 lb.	1½ qt.	
Cold meat.	2 lb.	5. Cut meat and cheese into thin strips; eggs and tomatoes into 8 wedges each.
Cheese, American or Swiss	2 lb.	6. Place about 1 cup salad vegetables in salad bowls. Add 2 thin strips meat, 4 thin strips cheese, 2 wedges eggs and 2 wedges tomatoes.
Eggs, hard cooked, wedges	2 lb 8 oz	25 eggs	7. Cover; refrigerate until ready to serve.
Tomatoes, fresh, wedges	8 lb 2 oz	200 wedges	

REVISION

(OVER)

- NOTE:**
1. In Step 1: 7 lb 9 oz fresh lettuce A.P. will yield 7 lb trimmed lettuce.
1 lb 4 oz fresh cabbage A.P. will yield 1 lb shredded cabbage.
2 lb 7 oz fresh sweet peppers A.P. will yield 2 lb diced peppers.
4 lb 2 oz fresh celery A.P. will yield 3 lb diced celery.
2 lb 6 oz fresh cucumbers A.P. will yield 2 lb sliced, pared cucumbers.
8 lb 5 oz fresh tomatoes A.P. will yield 8 lb 2 oz tomato wedges.
 2. In Step 1, 1 lb 4 oz fresh, red cabbage A.P. will yield 1 lb shredded cabbage.
 3. In Step 5, suggested cold meats are beef, ham, and/or turkey.

VARIATIONS

1. **CHEF'S SALAD WITH CROUTONS:** Follow Steps 1 through 6. In Step 7, prepare $\frac{3}{4}$ recipe Garlic Croutons (Recipe No. D-16-1). Serve 6 croutons with each salad.
2. **CHEF'S SALAD (ENTREE):** Follow Step 1. In Step 2, use 10 lb 5 oz lettuce (11 lb 6 oz A.P.). In Step 3, use 1 lb 8 oz ($2\frac{2}{3}$ qt) fresh cabbage (1 lb 14 oz A.P.), 3 lb (3 qt) fresh sweet peppers (3 lb 11 oz A.P.) and 3 lb ($2\frac{1}{4}$ qt) fresh cucumbers (3 lb 9 oz A.P.). Follow Step 4. In Step 5, use 6 lb cold meat, 6 lb cheese, 2 lb 10 oz (25) hard cooked eggs cut in wedges and 12 lb 3 oz (300 wedges) fresh tomatoes. Follow Step 7. **EACH PORTION:** $1\frac{1}{2}$ cups salad vegetables, 6 strips meat, 12 strips cheese and 3 wedges eggs).

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 8

COLE SLAW

YIELD: 100 Portions				EACH PORTION: 1/2 Cup (2 1/2 Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare cabbage as directed on Recipe No. A-31.
Cabbage, fresh, finely shredded	12 lb....	5 1/4 gal.	2. Chill cabbage in covered container until crisp.
Salad Dressing.....	4 lb.....	2 qt.....	3. Combine Salad Dressing, salt, sugar and vinegar.
Salt.....	1 1/4 oz..	2 tbsp...	4. Add to cabbage; mix well.
Sugar, granulated....	12 oz...	1 1/2 cups	5. Cover; refrigerate until ready to serve. Just before serving, sprinkle lightly with paprika to garnish.
Vinegar.....	1/2 cup...	
Paprika, ground (optional)	1/2 oz...	2 tbsp...	

- NOTE: 1. In Step 1, 15 lb fresh cabbage A.P. will yield 12 lb finely shredded cabbage.
 2. In Step 1, 2 lb 8 oz shredded red cabbage A.P. may be used for 2 lb cabbage.

VARIATION

- MEXICAN COLE SLAW:** Follow Step 1. In Step 2, use 6 lb (2 3/4 gal) shredded fresh cabbage (7 lb 8 oz A.P.). In Step 3, add 3 lb (3 qt) diced fresh celery (4 lb 2 oz A.P.), 4 lb (2 3/4 qt) diced fresh tomatoes (4 lb 1 oz A.P.), 8 oz (1 1/3 cups) finely minced dry onions (9 oz A.P.) and 3 lb (3 qt) finely shredded fresh sweet peppers (3 lb 10 oz A.P.). Follow Step 4. In Step 5, omit paprika. EACH PORTION: 1/2 Cup (3 Ounces).

REVISION

COLE SLAW WITH CREAMY DRESSING**YIELD: 100 Portions****EACH PORTION: 1/2 Cup (2 Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare cabbage as directed on Recipe No. A-31.
Milk, nonfat, dry...	3 1/2 oz	3/4 cup...	2. Reconstitute milk; add Salad Dressing, pepper, mustard, salt and sugar; mix well.
Water, warm.....	1 3/4 cups	
Salad Dressing....	2 lb...	1 qt.....	
Pepper, black.....	2 tsp....	
Mustard, prepared	1 oz...	2 tbsp...	
Salt.....	1 oz...	1 2/3 tbsp	3. Add vinegar gradually; blend well.
Sugar, granulated	12 oz..	1 3/4 cups	
Vinegar.....	1 cup....	
Cabbage, fresh, finely shredded	12 lb..	5 1/4 gal	4. Pour dressing over cabbage; toss lightly until well mixed.
				5. Cover; refrigerate until ready to serve.

NOTE: 1. In Step 1, 15 lb fresh cabbage A.P. will yield 12 lb finely shredded cabbage.

2. One No. 8 scoop may be used. See Recipe No. A-4.

VARIATIONS

1. **COLE SLAW WITH VINEGAR DRESSING:** Follow Step 1. Omit Steps 2 and 3. Combine 2 tsp black pepper, 1 oz (1 2/3 tbsp) salt, 1 lb 12 oz (1 qt) granulated sugar, 1 qt vinegar and 1 cup water; mix well. Follow Steps 4 and 5.

REVISION**(OVER)**

2. **CABBAGE AND CARROT SLAW WITH CREAMY DRESSING:** Follow Steps 1 through 3. In Step 4, use 10 lb (4 $\frac{1}{4}$ gal) finely shredded cabbage (12 lb 8 oz A.P.) and 3 lb (3 qt) finely shredded carrots (3 lb 11 oz A.P.). Follow remainder of Steps 4 and 5.
3. **PINEAPPLE COLE SLAW:** Follow Step 1. In Step 2, omit pepper; reduce mustard to 2 tsp. Follow Step 3. In Step 4, use 10 lb (4 $\frac{1}{4}$ gal) finely shredded cabbage (12 lb 8 oz A.P.) and 6 lb 12 oz (1-No. 10 can) canned, drained pineapple chunks or tidbits. Follow remainder of Steps 4 and 5.
4. **PINEAPPLE MARSHMALLOW COLE SLAW:** Follow Step 1. In Step 2, omit pepper; reduce mustard to 2 tsp. Follow Step 3. In Step 4, use 10 lb (4 $\frac{1}{4}$ gal) finely shredded cabbage (12 lb 8 oz A.P.) and 6 lb 12 oz (1-No. 10 cn) canned, drained pineapple chunks or tidbits. Follow remainder of Steps 4 and 5. Just before serving, add 1 lb 5 oz (3 qt) miniature marshmallows. EACH PORTION: $\frac{2}{3}$ Cup (3 $\frac{1}{2}$ Ounces).
5. **VEGETABLE SLAW WITH CREAMY DRESSING:** Follow Steps 1 through 3. In Step 4, use 10 lb (4 $\frac{1}{4}$ gal) finely shredded cabbage (12 lb 8 oz A.P.), 2 lb (2 qt) finely shredded carrots (2 lb 7 oz A.P.), 6 oz (1 cup) minced dry onions (7 oz A.P.) and 1 lb 8 oz (4 $\frac{1}{2}$ cups) diced sweet peppers (1 lb 13 oz A.P.). Follow remainder of Steps 4 and 5.

HONEY MUSTARD DRESSING

YIELD: 6 1/4 Cups			EACH PORTION: 1 Tablespoon (1/2 Ounce)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Water	1 lb 12 oz	3 1/2 cups	1. Combine water, honey and vinegar in mixer bowl.
Honey	1 lb 11 oz	2 1/4 cups	
Vinegar.....	6 oz	3/4 cup	
Garlic powder	1/3 oz ...	3 1/2 tsp	2. Add garlic powder, mustard, onion powder and salt to mixture. 3. Using a wire whip, mix at medium speed 3 minutes or until well blended. 4. Cover; refrigerate until ready to serve. 5. Whip or stir well before serving.
Mustard, dry	1 oz...	5 tbsp	
Onion powder	1/2 oz ...	2 tbsp	
Salt	1/3 oz ..	1 1/2 tsp	

NOTE: In Step 1, 1 tbsp (3 cloves) dry, minced garlic may be used.

LOW CALORIE YOGURT DRESSING

YIELD: 1 Gallon		EACH PORTION: 2 Tablespoons (1 Ounce)		
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Yogurt, lowfat, plain	6 lb 8 oz. .	3 qt.	1. Mix together yogurt, onions, parsley, celery leaves, sugar, vinegar, salt and garlic. Stir well to blend. 2. Cover; refrigerate until ready to serve.
Onions, dry, minced. .	1 lb 2 oz. .	3 cups.	
Parsley, fresh, minced	3 oz.	1 1/2 cups.	
Celery, leaves, fresh, minced	3 oz.	1 1/2 cups.	
Sugar, granulated. . .	3 1/2 oz. . .	1/2 cup.	
Vinegar.	3/4 cup.	
Salt.	2/3 oz. . . .	1 tbsp.	
Garlic, dehydrated.	2 tsp.	

- NOTE: 1. In Step 1, 1 lb 4 oz onions A.P. will yield 1 lb 2 oz minced onions; 3 1/8 oz parsley A.P. will yield 3 oz minced parsley; 6 lb 7 oz fresh celery A.P. will yield 3 oz minced celery leaves.
2. In Step 1, 2 1/4 oz (3/4 cup) dehydrated chopped onions and 1/8 oz (6 tbsp) dehydrated parsley may be used. See Recipe No. A-11.

REVISION

COTTAGE CHEESE SALAD

YIELD: 100 Portions				EACH PORTION: 1/4 Cup (2 Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Lettuce, fresh, trimmed	4 lb.	1. Trim, wash and prepare lettuce as directed on Recipe No. A-31.
Cottage cheese.	12 lb 8 oz	6 ¹ / ₄ qt	2. Place 1 lettuce leaf on each serving dish; add 1/4 cup (1-No. 16 scoop) cottage cheese.
Paprika, ground.	1 tbsp	3. Garnish with paprika. Cover; refrigerate until ready to serve.

- NOTE:
1. In Step 1, 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
 2. In Step 2, 2 lb 2 oz (2-No. 10 cn) canned dehydrated cottage cheese may be used. Rehydrate according to Recipe No. A-28.
 3. In Step 3, salads may be garnished with 8 oz (2¹/₂ cups) shredded fresh carrots (9³/₄ oz A.P.) or 8 oz (2 cups) chopped fresh green onions (10 oz A.P.) including tops, or 3 oz (1¹/₂ cups) minced fresh parsley, or 12 oz (2 cups) finely chopped fresh sweet peppers (15 oz A.P.), 14 oz (1/2-No. 21¹/₂ oz cn) canned chopped pimientos, or 1 lb (1 qt) thinly sliced fresh radishes (1 lb 2 oz A.P.).

COTTAGE CHEESE AND PEACH SALAD**YIELD:** 100 Portions**EACH PORTION:** 1/4 Cup (2 Ounces) Cottage Cheese plus
1 Peach Half (2 1/2 Ounces)

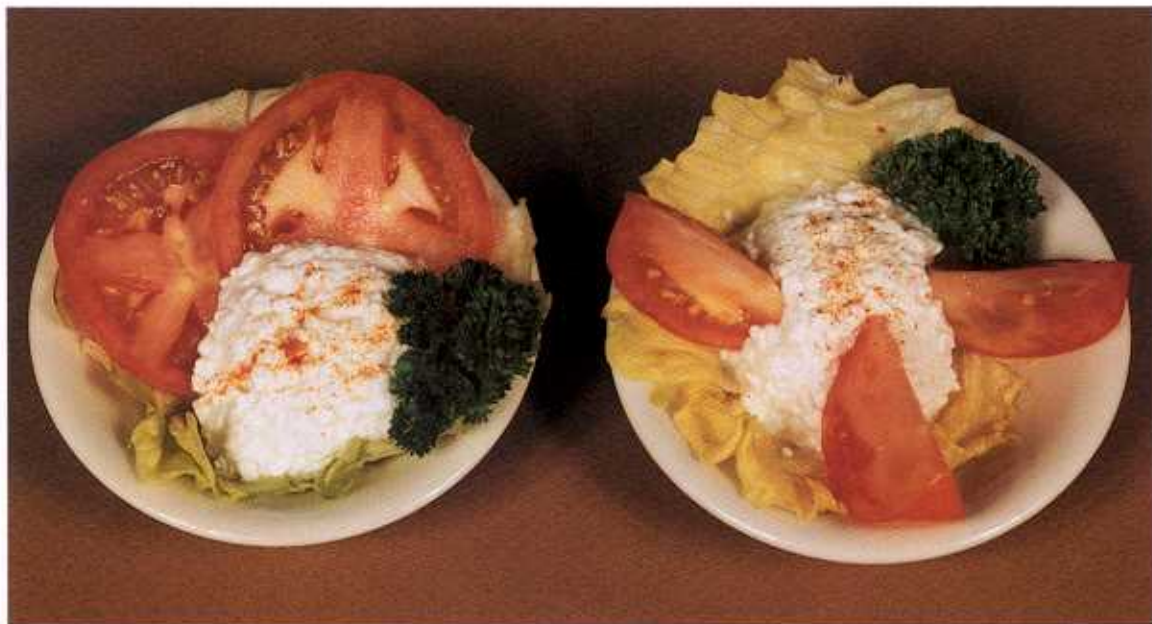
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare lettuce as directed on Recipe No. A-31.
Lettuce, fresh, trimmed	4 lb.	2. Separate leaves. Place 1 lettuce leaf on each serving dish.
Peaches, canned, halves	22 lb 8 oz	2 1/4 gal (3 1/3-No. 10 cn)	3. Drain peaches. Add peach half, hollow side up.
Cottage cheese. . . . Paprika, ground. . . .	12 lb 8 oz	6 1/4 qt 1 tbsp.	4. Place 1/4 cup (1-No. 16 scoop) cottage cheese in each peach hollow. 5. Garnish with paprika. Cover; refrigerate until ready to serve.

- NOTE:**
1. In Step 1, 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
 2. In Step 3, 20 lb 4 oz (3-No. 10 cn) canned peaches, sliced, drained may be used. Place 3 peach slices on lettuce leaf.
 3. In Step 4, 2 lb 2 oz (2-No. 10 cn) canned dehydrated cottage cheese may be used. Rehydrate according to Recipe No. A-28.

VARIATIONS

1. **COTTAGE CHEESE AND APRICOT SALAD:** Follow Steps 1 and 2. In Step 3, use 13 lb 8 oz (2-No. 10 cn) canned apricots, drained. Place 2 apricot halves on lettuce leaf. In Step 4, place 2 tbsp (1-No. 30 scoop) cottage cheese in each apricot half. Follow Step 5.
2. **COTTAGE CHEESE AND PEAR SALAD:** Follow Steps 1 and 2. In Step 3, use 19 lb 14 oz (3-No. 10 cn) canned pear halves, drained. Place 1 pear half on lettuce leaf, hollow side up. Follow Steps 4 and 5.
3. **COTTAGE CHEESE AND PINEAPPLE SALAD:** Follow Steps 1 and 2. In Step 3, use 13 lb 8 oz (2-No. 10 cn) canned sliced pineapple, drained. Place 1 slice pineapple on lettuce leaf. Follow Steps 4 and 5.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 14(1)
COTTAGE CHEESE AND TOMATO SALAD



REVISION

COTTAGE CHEESE AND TOMATO SALAD**YIELD:** 100 Portions**EACH PORTION:** $\frac{1}{4}$ Cup (2 Ounces) Cottage Cheese
plus 3 Tomato Wedges (2 Ounces)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare vegetables as directed on Recipe No. A-31.
Tomatoes, fresh	12 lb 8 oz	38 tomatoes	2. Cut each tomato into 8 wedges; set aside for use in Step 5.
Lettuce, fresh, trimmed	4 lb.	3. Place 1 lettuce leaf on each serving dish.
Cottage cheese	12 lb 8 oz	6 $\frac{1}{4}$ qt.	4. Place $\frac{1}{4}$ cup (1-No. 16 scoop) cottage cheese in center of lettuce leaf. 5. Arrange 3 tomato wedges around cottage cheese.
Paprika, ground	1 tbsp.	6. Sprinkle with paprika. Cover; refrigerate until ready to serve.

- NOTE:**
1. In Step 1, 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
 2. In Step 1, 12 lb 12 oz fresh tomatoes A.P. will yield 12 lb 8 oz tomato wedges.
 3. In Step 2, 11 lb 3 oz (34) sliced tomatoes (11 lb 7 oz A.P.) may be used. Cut each tomato in 6 slices. In Step 4, place 2 slices on each lettuce leaf. **EACH PORTION:** $\frac{1}{4}$ Cup Cottage Cheese (2 Ounces) plus 2 Tomato Slices (1 $\frac{1}{2}$ Ounces).
 4. In Step 4, 2 lb 2 oz (2-No. 10 cn) canned dehydrated cottage cheese may be used. Rehydrate according to Recipe No. A-28.

REVISION

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 15

CUCUMBER AND ONION SALAD

YIELD: 100 Portions			EACH PORTION: 1/2 Cup (3 1/2 Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Cucumbers, fresh, pared, sliced 1/8 inch	15 lb.	2 3/4 gal.	2. Combine cucumbers and onions.
Onions, dry, sliced 1/8 inch	3 lb.	2 1/4 qt.	
Salt.	1 oz.	1 2/3 tbsp	3. Combine salt, pepper, sugar, vinegar and water; blend well.
Pepper, black.	1/12 oz. .	1 tsp.	4. Pour over cucumbers and onions. 5. Cover; refrigerate at least 1 1/2 hours. Keep refrigerated until ready to serve.
Sugar, granulated	1 lb.	2 1/4 cups	
Vinegar.	3 lb.	1 1/2 qt.	
Water.	1 lb.	2 cups.	

- NOTE: 1. In Step 1: 17 lb 14 oz fresh cucumbers A.P. will yield 15 lb sliced, pared cucumbers.
3 lb 5 oz dry onions A.P. will yield 3 lb sliced onions.
2. In Step 2, 6 oz (1 3/4 cups) dehydrated onions may be used. See Recipe No. A-11.

LOW CALORIE THOUSAND ISLAND DRESSING**YIELD: 1 Gallon****EACH PORTION: 2 Tablespoons (1½ Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Chili sauce.	2 lb.	3¼ cups	1. Combine chili sauce, mustard, onions, vinegar and salt; blend well.
Mustard, prepared	3 oz.	¼ cup...	
Onions, dry, minced	14 oz.	1¾ cups	
Vinegar.	¼ cup...	
Salt.	1½ oz. ...	2⅓ tbsp	
Yogurt, plain.	7 lb.	3 qt.	2. Add yogurt; stir until well blended. 3. Cover; refrigerate until ready to serve.

- NOTE:** 1. In Step 1, 1 lb dry onions A.P. will yield 14 oz minced onions.
 2. In Step 1, 1½ oz (½ cup) dehydrated onions may be used. See Recipe No. A-11.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 17(1)
FRUIT SALAD



REVISION

M. SALADS, SALAD DRESSINGS, AND RELISHES No 17(2)
FRUIT SALAD

YIELD: 100 Portions			EACH PORTION: 1/2 Cup (4 Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare fruits and lettuce as directed on Recipe No. A-31.
Pineapple, canned, chunks or tidbits	6 lb 12 oz	3 qt (1-No. 10 cn)	2. Drain pineapple. Reserve about 3 cups juice for use in Step 5.
Oranges, fresh, peeled with membranes, seeded, 1/2 inch pieces	7 lb.	1 gal (22 oranges)	3. Add oranges and grapefruit.
Grapefruit, fresh, peeled, with membranes, seeded, 1/2 inch pieces	1 lb 7 oz. .	2 3/4 cups (2 grapefruit)	
Apples, fresh, eating, unpared, cored, 1/2 inch pieces	5 lb 13 oz	6 1/2 qt.	4. Add apples and bananas. Toss lightly.
Bananas, fresh, peeled, sliced, 1/4 inch	4 lb.	2 qt.	

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Quick Fruit Dressing	4 lb 5 oz. .	2 qt.	5. Prepare 1 recipe Quick Fruit Dressing (Recipe No. M-56) using reserved pineapple juice. Fold dressing into fruit salad. Toss lightly. Cover; refrigerate.
Lettuce, fresh, trimmed	4 lb.	6. Separate leaves. Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture. Cover; refrigerate until ready to serve.

- NOTE:
1. In Step 3, 9 lb 14 oz fresh oranges A.P. (22 oranges) will yield 7 lb peeled, seeded oranges; 1 lb 15 oz grapefruit A.P. will yield 1 lb 7 oz peeled, seeded grapefruit.
 2. In Step 4, 6 lb 3 oz fresh bananas A.P. (18 bananas) will yield 4 lb peeled, sliced bananas. NOTE: Peel; slice apples and bananas just before combining to prevent discoloration. 6 lb 14 oz fresh eating apples A.P. (16 apples) will yield 5 lb 13 oz unpared, cored apples.
 3. In Step 6, 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.

GARDEN COTTAGE CHEESE SALAD**YIELD: 100 Portions****EACH PORTION: 1/2 Cup (3 1/2 Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe No. A-31.
Cucumbers, fresh, unpared, diced	4 lb. . . .	1 gal.	2. Combine vegetables; toss lightly.
Radishes, fresh, chopped	1 lb. . . .	3 cups.	
Onions, green, finely chopped	8 oz. . . .	1 1/2 cups	
Celery, fresh, diced. . . .	1 lb 8 oz	4 1/2 cups	
Peppers, sweet, fresh, finely chopped	1 lb. . . .	3 cups.	
Cottage cheese.	10 lb. . .	1 1/4 gal	3. Combine cottage cheese with vegetables; mix well.
Lettuce, fresh, trimmed	4 lb.	4. Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate until ready to serve.

REVISION

(OVER)

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 18

- NOTE: 1. In Step 1:
- 4 lb 3 oz fresh cucumbers A.P. will yield 4 lb diced, unpared cucumbers.
 - 1 lb 1 oz fresh radishes A.P. will yield 1 lb chopped radishes.
 - 10 oz fresh green onions A.P. will yield 8 oz finely chopped green onions.
 - 2 lb 1 oz fresh celery A.P. will yield 1 lb 8 oz diced celery.
 - 1 lb 4 oz fresh sweet peppers A.P. will yield 1 lb finely chopped peppers.
 - 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
2. In Step 2, 1 oz ($\frac{1}{3}$ cup) dehydrated onions and $2\frac{1}{2}$ oz (2 cups) dehydrated green peppers may be used. See Recipe No. A-11.
3. In Step 3, 1 lb 13 oz ($12\frac{2}{3}$ -No. 10 cn) canned dehydrated cottage cheese may be used. Rehydrate according to Recipe No. A-28.

GARDEN VEGETABLE SALAD**YIELD: 100 Portions****EACH PORTION: 3/4 Cup (2 Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Carrots, fresh, sliced 1/4 inch	2 lb. . . .	1 1/2 qt.	2. Combine carrots, celery and peppers. Tear prepared lettuce into small pieces; mix with other vegetables; toss lightly. 3. Cover; refrigerate until ready to serve.
Celery, fresh, diced 1/4 inch	3 lb. . . .	3 qt.	
Peppers, sweet, fresh, diced 1/4 inch	2 lb. . . .	1 1/2 qt	
Lettuce, fresh.	7 lb.	

NOTE: 1. In Step 1:

2 lb 7 oz fresh carrots A.P. will yield 2 lb sliced carrots.
 4 lb 2 oz fresh celery A.P. will yield 3 lb diced celery.
 2 lb 7 oz fresh sweet peppers A.P. will yield 2 lb diced sweet peppers.
 7 lb 9 oz fresh lettuce A.P. will yield 7 lb trimmed lettuce.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 20
MARINATED CARROTS

YIELD: 100 Portions (3 ¹ / ₈ Gallons)				EACH PORTION: 1/2 Cup (3 Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Carrots, fresh, cut in 1/2 inch by 2 inch strips	16 lb.	3 ¹ / ₂ gal.	2. Add carrots to boiling water. 3. Bring to a boil; reduce heat; simmer 5 minutes or until tender-crisp. Drain. Set aside for use in Step 7.
Water, boiling. . . .	20 lb.	2 ¹ / ₂ gal.	
Soup, tomato, condensed	3 lb 2 oz	5 ³ / ₄ cups (1- No. 3 cyl cn)	4. Combine soup, sugar, vinegar, pepper and mustard in a mixer bowl. Blend at medium speed 3 minutes.
Sugar, granulated	2 lb 10 oz	1 ¹ / ₂ qt.	
Vinegar.	3 lb.	1 ¹ / ₂ qt.	
Pepper, black.	1/6 oz ...	2 tsp.	
Mustard, dry	2/5 oz. ...	2 tbsp.	

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Salad oil or olive oil	1 lb.	2 cups	5. Add salad oil or olive oil slowly to mixture while mixing at low speed 2 minutes.
Onions, dry, chopped	2 lb.	1 1/2 qt.	6. Add onions and peppers. Scrape down bowl. Blend 1 minute.
Peppers, sweet, fresh, chopped	2 lb.	1 1/2 qt.	7. Pour mixture over warm carrots. Cover; refrigerate overnight or until flavors are well blended. Keep refrigerated until ready to serve.

- NOTE: 1. In Step 2, 19 lb 8 oz fresh carrots A.P. will yield 16 lb-1/2 inch by 2 inch carrot strips, 16 lbs frozen carrots may be used. See Recipe No. Q-G-3
2. In Step 6, 2 lb 4 oz dry onions A.P. will yield 2 lb chopped onions; 2 lb 7 oz fresh sweet peppers A.P. will yield 2 lb chopped peppers.

TANGY TARRAGON LOW CALORIE DRESSING**YIELD: 1 Gallon****EACH PORTION: 2 Tablespoons (1 Ounce)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Vinegar.....	2 $\frac{1}{2}$ qt...	1. Combine vinegar, water, sugar, salt, parsley, tarragon, garlic and pepper; blend well. 2. Cover; refrigerate until ready to serve. 3. Shake or beat well before using.
Water.....	1 $\frac{1}{4}$ qt...	
Sugar, granulated..	14 oz..	2 cups...	
Salt.....	1 oz...	1 $\frac{2}{3}$ tbsp	
Parsley, dehydrated	$\frac{1}{2}$ cup..	
Tarragon, ground...	2 tbsp...	
Garlic, dehydrated..	1 $\frac{1}{2}$ oz..	1 $\frac{1}{3}$ tbsp	
Pepper, black.....	2 tsp....	

VARIATION

- BASIL LOW CALORIE DRESSING:** In Step 1, omit parsley, tarragon and garlic. Add $\frac{7}{8}$ oz ($3\frac{3}{4}$ tbsp) onion powder and $3\frac{1}{2}$ tbsp crushed sweet basil. Follow Steps 2 and 3.

REVISION

TANGY YOGURT SALAD DRESSING

YIELD: 2 Quarts			EACH PORTION: 1 Tbsp (1/2 Ounce)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Sugar, granulated. . . .	7 oz. . . .	1 cup.	1. Combine sugar, vinegar and mustard flour; stir until sugar is dissolved.
Vinegar.	1 cup.	
Mustard flour.	1 1/3 tbsp	
Yogurt, plain, low fat	3 lb 4 oz	1 1/2 qt.	2. Add yogurt and horseradish. Blend well.
Horseradish, prepared	3 oz. . . .	1/3 cup.	
				3. Cover; refrigerate until ready to serve.

JELLIED CRANBERRY AND ORANGE SALAD**YIELD: 100 Portions (3 Pans)****EACH PORTION: 1 Square (4 Ounces)****PAN SIZE: 12 by 20 by 2½-inch Steam Table Pan**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad fruits and vegetables as directed on Recipe No. A-31.
Water, boiling...	3 qt.	2. Add gelatin to boiling water; stir until dissolved.
Dessert powder, gelatin, orange	3 lb.	1¾ qt (2- No. 2½ cn)	3. Add cold water; mix well.
Water, cold.	1¼ gal.	4. Pour about 3 qt gelatin mixture into each pan; chill until slightly thickened.
Cranberries, fresh	3 lb 12 oz	3¾ qt.	5. Grind cranberries. Set aside for use in Step 8.
Oranges, fresh, A.P.	2 lb 8 oz	6 oranges	6. Quarter oranges; remove seeds. DO NOT peel. 7. Grind oranges.

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Celery, fresh, finely diced (optional)	2 lb.	1 1/2 qt.	8. Combine cranberries, oranges, celery, and sugar; mix well.
Sugar, granulated	1 lb 12 oz	1 qt.	9. Add about 2 qt cranberry mixture to gelatin in each pan; stir to distribute evenly.
				10. Chill until firm. Cut 5 by 7.
Lettuce, fresh, trimmed	4 lb.	11. Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve.

NOTE: 1. In Step 1: 3 lb 15 oz fresh cranberries A.P. will yield 3 lb 12 oz cranberries.
 2 lb 12 oz fresh celery A.P. will yield 2 lb finely chopped celery.
 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.

2. Other sizes and types of pans may be used. See Recipe No. A-25.

VARIATION

1. JELLIED CRANBERRY AND ORANGE SALAD (CANNED CRANBERRY SAUCE):
 Follow Steps 1 through 4. Omit Step 5. Follow Steps 6 and 7. Use 7 lb (1-No. 10 cn) canned Cranberry Sauce (whole or jellied); beat with wire whip until smooth. In Step 8, omit sugar; add whipped cranberry sauce to other ingredients. Follow Steps 9 through 11.

JELLIED CRANBERRY AND PINEAPPLE SALAD**YIELD:** 100 Portions (3 Pans)**EACH PORTION:** 1 Square (5½ Ounces)**PAN SIZE:** 12 by 20 by 2½-inch Steam Table Pan

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare lemons and lettuce as directed on Recipe No. A-31.
Pineapple, canned, crushed	6 lb 13 oz	3 qt (1-No. 10 cn)	2. Drain pineapple; reserve juice for use in Step 5 and pineapple for use in Step 7.
Cranberry sauce, canned, jellied	7 lb 5 oz	3 qt (1-No. 10 cn)	3. Using wire whip, beat cranberry sauce at medium speed in mixer bowl until smooth. Set aside for use in Step 4.
Water, boiling Dessert powder, gelatin, cherry 3 lb.	1 gal. . 1¾ qt (2-No. 2½ cn)	4. Add gelatin to boiling water; stir until dissolved. Add cranberry sauce; mix well.

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Water, cold and reserved juice	3 qt.	5. Add cold water and reserved juice, lemon juice, and rind; mix well.
Juice, lemon.	1 cup.	
Lemon rind, grated	2 tbsp.	6. Pour about 1 gal gelatin mixture into each pan; chill until slightly thickened.
Nuts, unsalted, coarsely chopped	8 oz. . . .	2 cups.	7. Add about 1 qt pineapple and $\frac{2}{3}$ cup nuts to gelatin mixture in each pan; stir to distribute evenly. 8. Chill until firm. Cut 5 by 7.
Lettuce, fresh, trimmed	4 lb.	9. Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve.

- NOTE: 1. In Step 1: 1 lb 8 oz lemons A.P. (6 lemons) will yield 1 cup juice and 4 lb 5 oz fresh lettuce will yield 4 lb trimmed lettuce.
2. In Step 2, 7 lb (7-No. 300 cn) canned cranberry sauce may be used.
3. In Step 4, dessert powder, gelatin, raspberry may be used.
4. Other sizes and types of pans may be used. See Recipe No. A-25.

M SALADS, SALAD DRESSINGS, AND RELISHES No. 25(1)
JELLIED FRUIT SALAD

YIELD: 100 Portions (3 Pans)			EACH PORTION: 1 Square (5 Ounces)	
PAN SIZE: 12 by 20 by 2½-inch Steam Table Pan				
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad fruit and lettuce as directed on Recipe No. A-31.
Apricots, canned	6 lb 12 oz	3 qt (1-No. 10 cn)	2. Drain apricots; reserve juice for use in Step 4. Cut apricots in half; set aside for use in Step 6.
Dessert powder, gelatin, orange	3 lb.	1¾ qt (2-No. 2½ cn)	3. Add gelatin to boiling water; stir until dissolved.
Water, boiling	1 gal.	4. Add cold water and reserved juice; mix well.
Water, cold, and reserved juice	1 gal.	5. Pour about 3 qt gelatin mixture into each pan; chill until slightly thickened.
Apples, fresh, eating, unpared, diced	1 lb 8 oz	1½ qt.	6. Add equal amounts of apricots, apples, and bananas to gelatin mixture in each pan; stir to distribute evenly.
Bananas, fresh, thinly sliced	2 lb.	6⅔ cups.	

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Marshmallows, miniature	1 lb. . . .	2 ¹ / ₄ qt.	7. Sprinkle 3 cups marshmallows over mixture in each pan. 8. Chill until firm. Cut 5 by 7.
Lettuce, fresh, trimmed	4 lb.	9. Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve.

- NOTE: 1. In Step 1: 1 lb 12 oz fresh eating apples A.P. (6 apples) will yield 1 lb 8 oz unpared diced apples; 3 lb 1 oz fresh bananas A.P. (6 to 9 bananas) will yield 2 lb sliced bananas; and 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
2. Other sizes and types of pans may be used. See Recipe No. A-25.

VARIATIONS

1. JELLIED ORANGE SALAD: Follow Step 1. Omit Step 2. Follow Step 3. In Step 4, reduce cold water to 2 qt; add 1-32 oz cn canned orange juice, frozen, concentrate, and 6 lb 13 oz (1-No. 10 cn) canned, crushed, pineapple, undrained. Follow Step 5. In Step 6, omit apples and bananas; add 6 lb (1 gal) peeled fresh oranges sliced and cut in halves (8 lb 7 oz A.P.). Omit Step 7. Follow Steps 8 and 9.
2. JELLIED PEAR SALAD: Follow Step 1. In Step 2, omit apricots. Use 13 lb 4 oz (2-No. 10 cn) canned pear halves, quarters or slices, drained. (Cut halves into 2 or 3 pieces.) Reserve juice for use in Step 4. In Step 3, use dessert powder, gelatin, lime, lemon, or raspberry. Follow Steps 4 and 5. Omit Steps 6 and 7. Follow Steps 8 and 9.

(CONTINUED)

JELLIED FRUIT SALAD

3. **JELLIED PINEAPPLE, PEAR, AND BANANA SALAD:** Follow Step 1. In Step 2, omit apricots. Use 6 lb 12 oz (1-No. 10 cn) drained canned pineapple chunks or tidbits and 6 lb 10 oz (1-No. 10 cn) drained canned pear halves, quarters or slices. (Cut halves into 6 pieces.) Reserve juice for use in Step 4. In Step 3, use dessert powder, gelatin, strawberry, raspberry, or cherry. Follow Steps 4 and 5. Omit apples in Step 6. Follow Steps 7 through 9.
4. **JELLIED STRAWBERRY SALAD:** Follow Step 1. Omit Step 2. In Step 3, use dessert powder, gelatin, strawberry. In Step 4, reduce cold water to 2 qt and add 6 lb (3 qt) partially thawed strawberries, 3 lb 6 oz (1/2-No. 10 cn) canned crushed pineapple, undrained, and 2 lb (1 qt) thinly sliced bananas (3 lb 1 oz A.P.); stir to distribute evenly. Follow Step 5. Omit Steps 6 and 7. Follow Steps 8 and 9. **EACH PORTION:** 1 square (4 1/2 Ounces).
5. **JELLIED BANANA SALAD:** Follow Step 1. Omit Step 2. Follow Steps 3 through 5. In Step 6, omit apples; increase bananas to 10 lb (5 1/2 qt)-15 lb 6 oz fresh bananas A.P. (30 to 40 bananas). Add about 1/3 sliced bananas to gelatin in each pan; stir gently to distribute evenly. Omit Step 7. Follow Steps 8 and 9.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 26(2)

JELLIED FRUIT COCKTAIL SALAD

YIELD: 100 Portions (3 Pans)			EACH PORTION: 1 Square (4½ Ounces)	
PAN SIZE: 12 by 20 by 2½-inch Steam Table Pan				
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare lettuce as directed on Recipe No. A-31.
Fruit cocktail, canned	13 lb 8 oz	1½ gal (2-No. 10 cn)	2. Drain fruit cocktail; reserve juice for use in Step 4; fruit for use in Step 6.
Water, boiling...	1 gal.	3. Add gelatin to boiling water; stir until dissolved.
Dessert powder, gelatin, cherry	3 lb.	1¾ qt (2-No. 2½ cn)	4. Add cold water, reserved juice and lemon juice; mix well.
Water, cold, and reserved juice	1 gal.	5. Pour about 3 qt gelatin mixture into each pan; chill until slightly thickened.
Juice, lemon.	3 cups.	
Nuts, unsalted, coarsely broken or chopped (optional)	1 lb.	1 qt.	6. Add about 2 qt fruit cocktail and 1⅓ cups nuts to gelatin mixture in each pan; stir to distribute evenly.
				7. Chill until firm. Cut 5 by 7.
Lettuce, fresh, trimmed	4 lb.	8. Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve.

REVISION

(OVER)

- NOTE:
1. In Step 1: 4 lb 8 oz lemons A.P. (18 lemons) will yield 3 cups juice.
4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
 2. In Step 3, other dessert powder gelatin flavors may be used.
 3. Other sizes and types of pans may be used. See Recipe No. A-25.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 27

GERMAN COLE SLAW

YIELD: 100 Portions			EACH PORTION: 1/2 Cup (2 1/2 Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Onions, dry, chopped	12 oz. . . .	2 1/4 cups	2. Combine onions, peppers, celery, and cabbage; toss lightly.
Peppers, fresh, sweet, chopped	12 oz. . . .	2 1/4 cups	
Celery, fresh, chopped	12 oz. . . .	2 1/4 cups	
Cabbage, fresh, finely shredded	12 lb. . . .	5 1/2 gal	
Vinegar.	3 cups.	3. Combine vinegar, salad oil or olive oil, sugar, salt and pepper; pour over cabbage mixture; mix well.
Salad oil or olive oil. .	1 lb.	2 cups.	
Sugar, granulated. . . .	3 1/2 oz. .	1/2 cup.	
Salt.	1 1/4 oz. .	2 tbsp.	
Pepper, black.	1 tsp.	4. Garnish with pimientos. Cover; refrigerate until ready to serve.
Pimientos, canned, drained, chopped	7 oz. . . .	10 tbsp (1/4- No. 2 1/2 cn)	

NOTE: In Step 1: 14 oz dry onions A.P. will yield 12 oz chopped onions.
 15 oz sweet peppers A.P. will yield 12 oz chopped peppers.
 1 lb 1 oz fresh celery A.P. will yield 12 oz chopped celery.
 15 lb fresh cabbage A.P. will yield 12 lb finely shredded cabbage.

REVISION

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 28

TACO SALAD

YIELD: 100 Portions			EACH PORTION: 1 1/2 Cups (8 1/2 Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Chili Con Carne.	27 lb...	3 1/4 gal.	1. Prepare 1/2 recipe Chili Con Carne, Recipe No. L-28 or Chili Con Carne with Beans, Recipe No. L-59. Keep hot for use in Step 5.
Lettuce, fresh, trimmed	8 lb....	2. Trim, wash and prepare salad
Onions, dry, thinly sliced	1 lb....	3 cups...	vegetables as directed on Recipe
Tomatoes, fresh, wedges	4 lb....	3 1/4 qt.	No. A-31. Tear lettuce into pieces.
				3. Combine lettuce, onions and
				tomatoes. Toss lightly.
				4. Place 1 cup salad mixture in each
				soup bowl.
				5. Ladle 1/2 cup (1-Size 2 ladle) hot
				chili over each salad.
Cheese, Cheddar, or	3 lb 2 oz	3 1/8 qt.	6. Sprinkle 2 tbsp cheese over each
Monterey Jack,				salad.
shredded				
Corn chips.	3 lb 2 oz	7. Sprinkle 6 to 9 corn chips and
Taco Sauce, prepared..	7 lb 7 oz	3 1/2 qt (17-	2 tbsp taco sauce over each salad.
		7 oz bt)		8. Serve immediately.

REVISION

(OVER)

- NOTE:
1. In Step 2, 8 lb 10 oz fresh lettuce A.P. will yield 8 lb trimmed lettuce.
1 lb 2 oz dry onions A.P. will yield 1 lb thinly sliced onions.
 2. In Step 2, 4 lb 1 oz fresh tomatoes A.P. will yield 4 lb tomato wedges.
 3. In Steps 5 and 6, add chili and cheese just before serving to prevent wilted lettuce and unappetizing appearance.
 4. In Step 7, 1 recipe Taco Sauce (Recipe No. O-7) may be used.
 5. Taco Salad may be served with sour cream or guacamole.

ITALIAN STYLE PASTA SALAD

YIELD: 100 Portions			EACH PORTION: 1/2 Cup (3 Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Vinegar and Oil Dressing Basil, sweet, crushed. . . .	2 lb. . . . 1/2 oz. . . .	1 qt. . . . 6 tbsp.	1. Prepare 1/2 recipe Vinegar and Oil Dressing (Recipe No. M-69). Add basil. Stir. Set aside for use in Step 4.
Water. Salt. Salad oil or olive oil. . . . Macaroni, shell, rigatoni, rotini or tortellini	16 lb. . . 2/3 oz. . . 1/2 oz. . . 3 lb 2 oz	2 to 3 gal 1 tbsp. . . 1 tbsp. . . 1 gal.	2. Add salt and salad oil or olive oil to water; heat to rolling boil. Slowly add macaroni, rigatoni, rotini or tortellini, stirring constantly or until water boils again. Cook 7 to 10 minutes or until just tender. Drain; rinse with cold water. Drain thoroughly.

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Salami, coarsely chopped	2 lb.	6½ cups	3. Add salami, cheese, olives, celery, onions, peppers and tomatoes to cooked macaroni, rigatoni, rotini or tortellini. Toss lightly.
Cheese, Provolone, cut in ½ inch cubes	2 lb 8 oz	7½ cups	
Olives, ripe, pitted, sliced, drained	1 lb 14 oz	3 cups (2-No. 300 cn)	4. Add Vinegar and Oil Dressing. Toss lightly. Cover; refrigerate at least 3 hours or until flavors are well blended. Keep refrigerated until ready to serve.
Celery, fresh, chopped	12 oz.	2¼ cups	
Onions, dry, chopped	8 oz.	1½ cups	
Peppers, sweet, fresh, chopped	8 oz.	1½ cups	
Tomatoes, fresh, diced ½ to ¾ inch	2 lb 8 oz	5½ cups	

- NOTE: 1. In Step 1, 2 lb (1 qt) prepared fat free Italian Salad Dressing may be used.
2. In Step 3: 1 lb 1 oz fresh celery A.P. will yield 12 oz chopped celery;
 9 oz dry onions A.P. will yield 8 oz chopped onions;
 10 oz sweet fresh peppers A.P. will yield 8 oz chopped fresh sweet peppers;
 2 lb 9 oz fresh tomatoes A.P. will yield 2 lb 8 oz diced tomatoes.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 30

COBB SALAD

YIELD: 100 Portions

EACH PORTION: 1 Cup (3½ Ounces)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Bacon, raw, chopped	5 lb.	3¾ qt.	2. Cook bacon until crisp; drain fat. Set aside for use in Step 6.
Lettuce, fresh, trimmed	8 lb.	3. Tear lettuce into pieces. 4. Place ¾ cup lettuce in each individual salad bowl.
Blue cheese, crumbled	1 lb 9 oz	6¼ cups	5. Place 1 tbsp blue cheese on top of lettuce in center.
Tomatoes, fresh, diced	2 lb 5 oz	6⅓ cups	6. Arrange following ingredients around cheese in separate wedge-shaped sections: 1 tbsp <u>each</u> bacon, tomatoes, eggs and chicken; 1½ tbsp avocado (toss avocado in lemon juice to prevent darkening); add 2 tsp onions.
Eggs, hard cooked, chopped	1 lb 14 oz	6⅓ cups (19 eggs)	
Chicken, cooked, diced ½ inch	2 lb 2 oz	6¼ cups	
Avocados, fresh, diced ½ inch	3 lb 5 oz	9½ cups	
Juice, lemon.	¼ cup.	
Onions, dry, chopped	1 lb 7 oz	4¼ cups	7. Cover; refrigerate until ready to serve.

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Vinegar and Oil Dressing	7 lb 4 oz. ...	3 1/2 qt.	8. Prepare 1 recipe Vinegar and Oil Dressing (Recipe No. M-69). (See Note 4.)

- NOTE: 1. In Step 1: 8 lb 10 oz fresh lettuce A.P. will yield 8 lb trimmed lettuce.
 2 lb 9 oz fresh tomatoes A.P. will yield 2 lb 5 oz diced tomatoes.
 1 lb 10 oz dry onions A.P. will yield 1 lb 7 oz chopped onions.
 4 lb 13 oz fresh avocado A.P. will yield 3 lb 5 oz diced avocado.
2. In Step 5, 5 lb 5 oz chicken, broiler-fryer, whole, may be used. Cook according to Steps 1 through 3. Recipe No. L-151, or use 2 lb 4 oz (1 1/4-29 oz cn) canned chicken, drained, or use 2 lb 2 oz turkey, cooked, diced.
3. In Step 6, 6 oz (1 1/2 lemons) A.P. will yield 1/4 cup lemon juice.
4. Add 2 tbsp (1-Size O ladle) salad dressing to each salad just before serving to prevent sogginess.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 31

KIDNEY BEAN SALAD

YIELD: 100 Portions				EACH PORTION: 1/2 Cup (3 1/2 Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Salad Dressing...	3 lb.....	1 1/2 qt...	2. Combine Salad Dressing, pepper, and vinegar in mixer bowl; mix well. Set aside for use in Step 4.
Pepper, black....	1 tbsp...	
Vinegar.....	1 cup....	
Beans, kidney, canned	20 lb 10 oz	2 1/4 gal (3-No. 10 cn)	3. Drain beans; rinse; drain thoroughly.
Celery, fresh, thinly sliced	3 lb.....	2 1/4 qt...	4. Combine dressing, beans, celery, eggs, onions, peppers, and relish; mix carefully. 5. Cover; refrigerate until ready to serve.
Eggs, hard cooked, chopped	2 lb.....	20 eggs..	
Onions, dry, thinly sliced	12 oz....	2 cups...	
Peppers, sweet, fresh, thinly sliced	1 lb.....	3 cups...	
Relish, pickle, sweet	2 lb.....	1 qt.....	

REVISION

(OVER)

- NOTE:**
1. In Step 1: 4 lb 2 oz fresh celery A.P. will yield 3 lb thinly sliced celery.
13 oz dry onions A.P. will yield 12 oz thinly sliced onions.
1 lb 4 oz sweet peppers A.P. will yield 1 lb thinly sliced peppers.
 2. In Step 3, 21 lb (21-No. 303 cn) canned kidney beans may be used.
 3. In Step 4, 1¹/₂ oz (1/3 cup plus 3 tbsp) dehydrated onions may be used.
See Recipe No. A-11.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 32

FRUIT MEDLEY SALAD

YIELD: 100 Portions

EACH PORTION: 1/2 Cup (3 1/2 Ounces)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare fruit and vegetables as directed on Recipe No. A-31.
Coconut, prepared, sweetened, flakes	5 oz.	1 3/4 cups	2. Toast coconut; cool; set aside for use in Step 4.
Pineapple, canned, chunks or tidbits	3 lb 6 oz. .	1 1/2 qt (1/2-No. 10 cn)	3. Combine pineapple, apples and bananas in pineapple juice until ready to mix. Drain well.
Apples, fresh, eating, unpared, cored, diced 1/2 inch	6 lb 6 oz. .	1 3/4 gal.	
Bananas, fresh, peeled, sliced	2 lb 12 oz	2 1/4 qt.	
Celery, fresh, diced, 1/2 inch	2 lb.	2 qt.	4. Add celery, walnuts, raisins, maraschino cherries and coconut to drained pineapple, apples and bananas mixture. Mix lightly; set aside for use in Step 7.
Walnuts, coarsely chopped	8 oz.	2 cups.	
Raisins.	8 oz.	1 1/2 cups	
Cherries, maraschino, drained, chopped	8 oz.	1 cup (1/2-16 oz jr)	

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Water, cold.....	3 ³ / ₄ cups	5. Place cold water in mixing bowl; add topping, milk and vanilla. Whip at low speed 3 minutes or until blended. Scrape down bowl.
Topping, dessert and and bakery products, dehydrated	1 lb.	1 qt.	
Milk, nonfat, dry....	3 ¹ / ₄ oz. .	2/3 cup...	6. Whip at high speed 5 to 10 minutes or until stiff peaks are formed.
Vanilla (optional)...	2 tbsp...	
				7. Add to fruit mixture tossing well to coat pieces. Cover; refrigerate until ready to serve.
Lettuce, fresh, trimmed	4 lb.	8. Place 1 lettuce leaf on each serving dish; add 1/2 cup (1-No. 8 scoop) salad mixture.

NOTE: 1. In Step 1:

7 lb 8 oz fresh eating apples A.P. will yield 6 lb 6 oz unpared, diced apples.

4 lb 4 oz fresh bananas A.P. will yield 2 lb 12 oz sliced bananas.

2 lb 12 oz fresh celery A.P. will yield 2 lb diced celery.

4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.

2. In Step 4, other unsalted nuts may be used.

LETTUCE AND TOMATO SALAD**YIELD: 100 Portions****EACH PORTION: 4 Slices Tomato;
1 Lettuce Leaf (3½ Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare lettuce and tomatoes as directed on Recipe No. A-31.
Lettuce, fresh, trimmed	4 lb.	2. Separate leaves. Place 1 lettuce leaf on each serving dish.
Tomatoes, fresh.	21 lb 14 oz	67 tomatoes	3. Slice each tomato into 6 slices. 4. Arrange 4 slices tomatoes on each lettuce leaf. Cover; refrigerate until ready to serve.

NOTE: In Step 1: 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce; 22 lb 5 oz fresh tomatoes A.P. will yield 21 lb 14 oz sliced tomatoes.

VARIATION

- 1. LETTUCE WEDGE SALAD:** Follow Step 1. Omit Step 2; use 13 lb 8 oz fresh trimmed lettuce (14 lb 9 oz fresh lettuce A.P.). Cut each head into 8 wedges. Cover; refrigerate until ready to serve. Omit Steps 3 and 4. **EACH PORTION: 1 Wedge (2 Ounces).**

REVISION

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 34

MACARONI SALAD

YIELD: 100 Portions		EACH PORTION: 1/2 Cup (3 1/2 Ounces)		
INGREDIENTS	WEIGHTS	WEIGHTS		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe No. A-31.
Water.....	3 1/2 gal..	2. Add salt and salad oil to water; heat to a rolling boil. 3. Slowly add macaroni while stirring constantly, until water boils again. Cook about 15 minutes or until tender; stir occasionally. DO NOT OVERCOOK. 4. Drain. Rinse with cold water; drain thoroughly.
Salt.....	3/4 oz. . .	1 1/3 tbsp	
Salad oil.....	3/4 oz. . .	1 1/3 tbsp	
Macaroni.....	4 lb 12 oz	4 3/4 qt.	
Eggs, hard cooked, chopped	1 lb 4 oz	1 qt (12 eggs)	5. Combine macaroni, chopped eggs, celery, onions, pickle relish, Salad Dressing, pimientos, pepper and vinegar. Toss lightly.
Celery, fresh, finely chopped	2 lb 5 oz	1 3/4 qt.	
Onions dry, finely chopped	1 lb 6 oz	1 qt.	
Relish, pickle, sweet. . . .	1 lb 8 oz	2 1/2 cups	
Salad Dressing.	2 lb. . . .	1 qt.	
Pimientos, canned, drained, chopped (optional)	9 1/3 oz	1 cup (1/3-No. 2 1/2 cn)	
Pepper, black or white.	2 tsp.	
Vinegar.....	3/4 cup.	

REVISION

(OVER)

INGREDIENTS	WEIGHTS	WEIGHTS		METHOD
Paprika, ground.	2 tsp....	6. Garnish with paprika. 7. Cover; refrigerate until ready to serve.

- NOTE:
1. In Step 2, 3 lb 12 oz (51/3 qt) shell macaroni or rotini may be used.
 2. In Step 5: 3 lb 3 oz fresh celery A.P. will yield 2 lb 5 oz chopped celery.
1 lb 8 oz dry onions A.P. will yield 1 lb 6 oz chopped onions.
 3. In Step 5, 3 oz (1 cup) dehydrated onions may be used. See Recipe No. A-11.
 4. Macaroni may be cooked in steam cooker. See Recipe No. E-13.
 5. One No. 8 scoop may be used. See Recipe No. A-4.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 35(1)

MIXED FRUIT SALAD

YIELD: 100 Portions			EACH PORTION: About 1/2 Cup	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare fruits and lettuce as directed on Recipe No. A-31.
FRUITS: (ANY THREE)				2. Combine any three fruits; cover; refrigerate.
Bananas, fresh, peeled, sliced	6 lb 12 oz	5 1/2 qt	
Apples, fresh, pared, cored, diced in 1/2 inch cubes	9 lb. . . .	2 1/2 gal	
Apricots, canned, drained	10 lb 2 oz	4 1/2 qt (1 1/2-No. 10 cn)		
Cantaloupe, fresh, peeled, diced in 1 inch cubes	8 lb 12 oz	1 1/4 gal	
Grapes, fresh, cut in half, seeded	7 lb 8 oz	1 1/4 gal	
Honedew, honey ball, or Persian melon, fresh, peeled, diced in 1 inch cubes	12 lb. . .	3 gal.	
Grapefruit, canned, drained	12 lb 8 oz	1 1/2 gal (4-No. 3 cyl cn)	

REVISION

(OVER)

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 35(1)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Grapefruit, fresh, (see Note 3)	18 lb 5 oz	35 grapefruit	
Oranges, fresh, peeled, sectioned (see Note 3)	7 lb 4 oz. .	3 $\frac{1}{2}$ qt (about 25 oranges)	
Peaches, canned, quarters or slices, drained	10 lb 2 oz	4 $\frac{1}{2}$ qt (1 $\frac{1}{2}$ -No. 10 cn)	
Pears, canned, quarters or slices, drained	9 lb 15 oz	4 $\frac{1}{2}$ qt (1 $\frac{1}{2}$ -No. 10 cn)	
Pineapple, canned, chunks or tidbits, drained	10 lb 2 oz	4 $\frac{1}{2}$ qt (1 $\frac{1}{2}$ -No. 10 cn)	
Lettuce, fresh, trimmed	4 lb.	3. Place 1 lettuce leaf on serving dish; arrange fruit on lettuce. Cover; refrigerate until ready to serve.

(CONTINUED)

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 35(2)
MIXED FRUIT SALAD

NOTE: 1. In Step 1:

10 lb 6 oz bananas A.P. (30 bananas) will yield 6 lb 12 oz peeled, sliced bananas.

11 lb 8 oz fresh apples A.P. (30 apples) will yield 9 lb diced apples.

17 lb 2 oz fresh cantaloupe A.P. will yield 8 lb 12 oz diced cantaloupe.

8 lb 7 oz fresh grapes A.P. will yield 7 lb 8 oz seeded grapes.

26 lb 1 oz fresh honeydew or honeyball melon A.P. will yield 12 lb diced melon.

28 lb 8 oz fresh Persian melon A.P. will yield 12 lb diced melon.

23 lb 2 oz fresh grapefruit A. P. will yield 12 lb 1 oz grapefruit sections.

10 lb 4 oz fresh oranges A.P. will yield 7 lb 4 oz orange sections.

4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.

2. In Step 2, 9 lb 15 oz (4½ qt-1½-No. 10 cn) canned pear halves, cut in half, may be used for pear quarters or slices.

3. In Step 2, cut off a thin slice from top and bottom of each grapefruit or orange. Start at top of fruit and cut down to remove skin and white membranes.

Cut along each side of each dividing membrane from outside to middle of core.

Remove section by section.

4. In Step 2, 12 lb (12-No. 303 cn) canned grapefruit may be used.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 36

PERFECTION SALAD

YIELD: 100 Portions (3 Pans)			EACH PORTION: 1 Square (3 Ounces)	
PAN SIZE: 12 by 20 by 2½-inch Steam Table Pan				
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe No. A-31.
Dessert powder, gelatin, lemon	3 lb. . . .	7½ cups (2-No. 2½ cn)	2. Dissolve gelatin in boiling water.
Water, boiling.	3 qt.	3. Add cold water and vinegar; mix well.
Water, cold.	1 gal.	4. Pour about 2¾ qt into each pan.
Vinegar.	1 cup.	5. Chill until slightly thickened.
Cabbage, fresh, finely shredded	1 lb 8 oz	7½ cups	6. Combine cabbage, carrots, celery, peppers and pimientos.
Carrots, fresh, finely chopped	6 oz. . . .	1½ cups	7. Add about 1½ qt vegetables to gelatin in each pan.
Celery, fresh, finely diced	2 lb. . . .	1½ qt.	8. Chill until firm. Cut 5 by 7.
Peppers, sweet, fresh, finely chopped	8 oz. . . .	1½ cups	
Pimientos, canned, drained, chopped	14 oz. . . .	1 cup (½-No. 2½ cn)	

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Lettuce, fresh, trimmed	4 lb.	9. Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve.

- NOTE:** 1. In Step 1: 1 lb 14 oz fresh cabbage A.P. will yield 1 lb 8 oz finely shredded cabbage.
 $7\frac{1}{2}$ oz fresh carrots A.P. will yield 6 oz finely chopped carrots.
 2 lb 12 oz fresh celery A.P. will yield 2 lb finely diced celery.
 10 oz fresh sweet peppers A.P. will yield 8 oz finely chopped sweet peppers.
 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
2. In Step 6, 2-7 oz cn canned pimientos may be used.

VARIATIONS

- GOLDEN GLOW SALAD:** Follow Steps 1 and 2. In Step 3, reduce water to 3 qt. In Step 4, pour about $2\frac{1}{2}$ qt gelatin mixture into each pan. Follow Step 5. Omit Steps 6 and 7. Combine 3 lb 8 oz ($3\frac{1}{2}$ qt) shredded fresh carrots (4 lb 4 oz A.P.) and 6 lb 13 oz (3 qt-1-No. 10 cn) canned crushed pineapple, undrained. Add $1\frac{3}{4}$ qt carrot-pineapple mixture to gelatin in each pan. Follow Steps 8 and 9. **EACH PORTION:** 1 Square ($3\frac{1}{2}$ Ounces).
- JELLIED SPRING SALAD:** Follow Steps 1 through 5. Omit Step 6. Combine 2 lb ($1\frac{1}{2}$ qt) diced, unpared, fresh cucumbers (2 lb 2 oz A.P.), 1 lb (3 cups) finely chopped, fresh green onions (1 lb 3 oz A.P.) and 2 oz ($\frac{1}{4}$ cup) finely chopped, drained, canned pimientos. Follow Steps 7 through 9.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 37

PICKLED BEET AND ONION SALAD

YIELD: 100 Portions				EACH PORTION: 1/2 Cup (3 Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Beets, canned, whole or slices	26 lb. . . .	3 gal (4-No. 10 cn)	1. Drain beets; reserve juice for use in Step 2; beets for use in Step 4. If whole beets are used, slice.
Reserved juice.	3 qt.	2. Combine reserved juice, vinegar, cinnamon, cloves, salt, pepper, and sugars. 3. Cover; bring to a boil; reduce heat; simmer 10 minutes. Cool.
Vinegar.	2 qt.	
Cinnamon, ground.	1 tbsp.	
Cloves, ground.	1 2/3 tbsp.	
Salt.	1 oz.	1 2/3 tbsp.	
Pepper, black.	2 tsp.	
Sugar, granulated.	12 oz.	1 3/4 cups.	4. Combine beets and onions. 5. Pour sauce over beets and onions. Cover; refrigerate at least 3 to 4 hours before serving. Keep refrigerated until ready to serve.
Sugar, brown, packed	1 lb 8 oz	3 1/4 cups.	
Onions, dry, thinly sliced	2 lb 8 oz	2 qt.	

NOTE: 1. In Step 4, 2 lb 12 oz dry onions A.P. will yield 2 lb 8 oz thinly sliced onions.

2. In Step 4, 5 oz (1 2/3 cups) dehydrated onions may be used. See Recipe No. A-11.

REVISION

M. SALAD, SALAD DRESSINGS, AND RELISHES No. 38(1)
PASTA SALAD



REVISION

PASTA SALAD**YIELD: 100 Portions****EACH PORTION: 1/2 Cup (3 1/2 Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Water	16 lb. ...	2 to 3 gal	1. Add salt and oil to water; heat to a rolling boil. Slowly add vermicelli, stirring constantly until water boils again. Cook 7 to 10 minutes or until tender. Rinse with cold water; drain thoroughly.
Salt.	2/3 oz. ...	1 tbsp.	
Salad oil or olive oil	1/2 oz. ...	1 tbsp.	
Vermicelli, broken in half	3 lb 8 oz	
Italian salad dressing, prepared, fat free	3 lb. ...	1 1/2 qt.	2. Add dressing to vermicelli. Toss lightly. Set aside for use in Step 4.
Salad oil, shortening, melted, or olive oil	2 oz. ...	1/4 cup.	3. Sauté broccoli and carrots on lightly greased griddle 8 to 10 minutes or until tender crisp.
Broccoli, fresh, 2 to 2 1/2 inch flowerets	1 lb 4 oz	2 1/2 qt.	
Carrots, fresh, cut into 1/4 inch diagonal slices	1 lb. ...	3 cups.	

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Tomatoes, fresh, diced $\frac{3}{4}$ by $\frac{3}{4}$ inch	3 lb 8 oz..	1 gal.	4. Add tomatoes, squash, mushrooms, onions, olives, and sautéed vegetables to pasta mixture. Toss lightly.
Squash, zucchini, fresh, cut into $\frac{1}{4}$ inch slices	2 lb 8 oz..	9 $\frac{1}{2}$ cups	
Mushrooms, fresh, sliced	1 lb 14 oz	3 qt.	
Onions, dry, chopped...	1 lb 8 oz	4 $\frac{1}{2}$ cups	
Olives, ripe, pitted, sliced, drained (optional)	1 lb 13 oz	3 cups (2-No. 300 cn)	
Basil, sweet, whole, crushed	$\frac{1}{2}$ oz. ...	6 tbsp	5. Add basil, parsley and Parmesan cheese to pasta mixture. Toss lightly.
Parsley, fresh, chopped	1 $\frac{1}{2}$ oz. ...	$\frac{3}{4}$ cup	
Cheese, grated, Parmesan	1 lb 4 oz	1 qt.	

- NOTE:
1. In Step 1, other types of pasta may be used.
 2. In Step 2, 3 lb (1 $\frac{1}{2}$ qt) reduced calorie Italian salad dressing may be used.
 3. In Step 2, 3 lb (1 $\frac{1}{2}$ qt) prepared Italian Dressing may be used.
 4. In Step 3, 2 lb 12 oz fresh broccoli A.P. will yield 1 lb 4 oz broccoli flowerets.
 5. In Step 3, 1 lb 4 oz fresh carrots A.P. will yield 1 lb sliced carrots.
 6. In Step 4, 2 lb 10 oz fresh zucchini squash A.P. will yield 2 lb 8 oz sliced zucchini squash.
 7. In Step 4, 1 lb 11 oz dry onions A.P. will yield 1 lb 8 oz chopped onions.
 8. In Step 4, 2 lb 1 oz fresh mushrooms A.P. will yield 1 lb 14 oz sliced mushrooms.
 9. In Step 4, 3 lb 9 oz fresh tomatoes A.P. will yield 3 lb 8 oz diced tomatoes.
 10. In Step 5, 1 $\frac{2}{3}$ oz fresh parsley A.P. will yield 1 $\frac{1}{2}$ oz chopped parsley.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 39

CORN RELISH

YIELD: 1 Gallon		EACH PORTION: 2½ Tbsp (1 Ounce)		
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare vegetables as directed on Recipe No. A-31.
Corn, canned, whole kernel, drained	6 lb 10 oz	3 qt (1-No. 10 cn)	2. Combine corn, celery, onions, peppers, pimientos and pepper. 3. Add French dressing; mix well. 4. Cover; refrigerate 6 hours or until flavors blend. Keep refrigerated until ready to serve.
Celery, fresh, finely diced	1 lb.	3 cups.	
Onions, dry minced.	1 lb.	2⅔ cups	
Peppers, sweet, fresh, finely diced	8 oz.	1½ cups	
Pimientos, canned, drained, diced	7 oz.	10 tbsp (¼-No. 2½ cn)	
Pepper, black.	1 tsp.	
French Dressing, low calorie, prepared	1 lb.	2 cups.	

NOTE: 1. In Step 1: 1 lb 6 oz fresh celery A.P. will yield 1 lb finely diced celery.
 1 lb 2 oz dry onions A.P. will yield 1 lb minced onions.
 10 oz fresh sweet peppers A.P. will yield 8 oz finely diced peppers.

REVISION

(OVER)

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 39

2. In Step 2, 2 oz ($\frac{2}{3}$ cup) dehydrated onions and $1\frac{1}{4}$ oz (1 cup) dehydrated green peppers (See Recipe No. A-11) or 8 oz frozen diced green peppers may be used. Thaw frozen peppers.
3. In Step 2, 1-7 oz cn canned pimientos may be used.
4. In Step 4, $\frac{1}{4}$ recipe French Dressing (Recipe No. M-58) may be used.
5. Serve as a relish with meat or fish or on the salad bar. If served as a salad, double recipe. EACH PORTION: $\frac{1}{3}$ Cup (2 Ounces).

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 40
POTATO SALAD

YIELD: 100 Portions **EACH PORTION: 2/3 Cup (4 1/2 Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe No. A-31.
Potatoes, white, fresh, diced 1/2 inch	18 lb.	2. Cover potatoes with water; bring to a boil; add salt; cover. Cook until tender.
Water.....	to cover	3. Drain well. Cool slightly.
Salt.....	2 3/4 oz. .	1/4 cup	4. Combine onions, salad oil or olive oil, salt, pepper and vinegar. Add to potatoes. Cover; refrigerate 1 hour.
Onions, dry, chopped. .	1 lb. . . .	3 cups.	5. Combine celery, eggs, relish, pimientos and Salad Dressing; add to potato mixture.
Salad oil or olive oil. .	10 oz. . .	1 1/4 cups	6. Mix lightly but thoroughly to coat potatoes with Salad Dressing mixture.
Salt.....	1 oz. . . .	1 2/3 tbsp	
Pepper, black.....	2 tsp.	
Vinegar.....	2/3 cup.	
Celery, fresh, chopped	3 lb. . . .	2 1/4 qt.	
Eggs, hard cooked, chopped	1 lb 12 oz	18 eggs	
Relish, pickle, sweet. .	1 lb 3 oz	2 cups.	
Pimientos, canned, drained, chopped (optional)	10 oz. . .	1 1/4 cups (1/3-No. 2 1/2 cn)	
Salad Dressing.....	4 lb. . . .	2 qt.	

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Parsley, fresh, chopped	1 oz. . . .	1/2 cup	7. Garnish with parsley and paprika.
Paprika, ground.	1/2 oz. .	2 tbsp.	8. Cover; refrigerate until ready to serve.

NOTE: 1. In Step 1:

22 lb 2 oz fresh white potatoes A.P. will yield 18 lb peeled potatoes.

1 lb 2 oz dry onions A.P. will yield 1 lb chopped onions.

4 lb 2 oz fresh celery A.P. will yield 3 lb chopped celery.

1 oz fresh parsley A.P. will yield 1 oz chopped parsley.

2. In Step 3, 2 oz ($\frac{2}{3}$ cup) dehydrated onions may be used. See Recipe No. A-11.

3. In Step 5, $1\frac{1}{2}$ -7 oz cn canned pimientos may be used.

4. One- No. 6 scoop may be used. See Recipe No. A-4.

VARIATIONS

1. **DEVEILED POTATO SALAD:** Follow Steps 1 through 4. In Step 5, add 6 oz ($\frac{3}{4}$ cup) prepared mustard, 1 oz (2 tbsp) granulated sugar, 12 oz (3 cups) crumbled, crisp bacon (3 lb raw bacon A.P.). In Step 5, use 4 lb 8 oz ($8\frac{1}{4}$ cups) Salad Dressing. Follow Steps 7 and 8.
2. **POTATO SALAD WITH VINEGAR DRESSING:** In Step 1, use 22 lb potatoes (27 lb 1 oz A.P.). Follow Steps 2 and 3. In Step 4, omit salad oil, salt, pepper and vinegar. In Step 5, omit eggs and Salad Dressing. Prepare 1 recipe vinegar dressing (See Recipe No. M-9-1) for Salad Dressing. Follow Steps 6 through 8.

POTATO SALAD

(Dehydrated Sliced Potatoes)

YIELD: 100 Portions				EACH PORTION: $\frac{2}{3}$ Cup ($4\frac{1}{2}$ Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare celery as directed on Recipe No. A-31.
Potatoes, white, dehydrated, sliced	4 lb 6 oz	$2\frac{1}{2}$ gal	2. Add potatoes to boiling salted water; cover. Bring quickly to a boil. Reduce heat; simmer 20 to 25 minutes or until tender. Drain. Set aside for use in Step 4.
Water, boiling.....	$3\frac{1}{2}$ gal	
Salt.....	2 oz....	3 tbsp...	
Onions, dehydrated	6 oz....	2 cups..	3. Rehydrate onions and peppers. See Recipe No. A-11. Drain before using.
Peppers, green, dehydrated	2 oz....	$1\frac{1}{2}$ cups	
Water, warm.....	to cover	

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Relish, pickle, sweet Celery, fresh, chopped Pimientos, canned, drained, chopped (optional Eggs, hard cooked, chopped Pepper, black..... Salt.....	1 lb 3 oz 3 lb. 10 oz. 1 lb 12 oz 1 oz.	2 cups. . . 2 ¹ / ₄ qt. . 1 ¹ / ₄ cups (1 ¹ / ₃ -No. 2 ¹ / ₂ cn) 1 ¹ / ₂ qt (18 eggs) 1 tbsp. . . 1 ² / ₃ tbsp	4. Carefully combine potatoes, onions, peppers, relish, celery, pimientos, eggs, pepper, and salt.
Salad Dressing.... Vinegar.....	4 lb.	2 qt. 2 ² / ₃ cup	5. Combine Salad Dressing and vinegar; fold into potato mixture. Cover; refrigerate until ready to serve.
Paprika, ground..	1 ¹ / ₂ oz. . .	2 tbsp	6. Garnish with paprika.

- NOTE:
1. In Step 1, 4 lb 2 oz fresh celery A.P. will yield 3 lb chopped celery.
 2. In Step 3, 3 lb (2¹/₄ qt) dry, chopped onions (3 lb 5 oz A.P.); 12 oz (2¹/₄ cups) fresh, chopped sweet peppers (15 oz A.P.) may be used.
 3. In Step 4, 1¹/₂-7 oz cn canned pimientos may be used.
 4. One No. 6 scoop may be used. See Recipe No. A-4.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 42

HOT POTATO SALAD

YIELD: 100 Portions (2 Pans)				EACH PORTION: $\frac{2}{3}$ Cup (5 Ounces)
PAN SIZE: 18 by 24-inch Roasting Pan				TEMPERATURE: 350°F. Oven
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe No. A-31.
Potatoes, white, fresh, diced, $\frac{1}{2}$ inch	23 lb.	2. Cover potatoes with water; bring to a boil; add salt; cover. Cook until tender. Drain well. Set aside for use in Step 3.
Water.....	to cover	
Salt.....	1 $\frac{1}{3}$ oz. . .	2 tbsp.	
Bacon, raw, chopped	3 lb.	2 $\frac{1}{4}$	3. Cook bacon until crisp. Drain; combine bacon with potatoes. Set bacon fat aside for use in Step 5.
Onions, dry, finely chopped	1 lb 5 oz	1 qt.	4. Carefully mix potato and bacon mixture with onions, celery, salt, and pepper.
Celery, fresh, chopped	2 lb. . . .	1 $\frac{1}{2}$ qt.	
Salt.....	1 $\frac{1}{3}$ oz. .	2 tbsp.	
Pepper, black.	$\frac{1}{2}$ tsp.	

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Bacon fat.....	2 cups...	5. Combine bacon fat, water, vinegar, sugar, and mustard flour; heat to boiling point.
Water.....	3 cups...	6. Pour hot mixture over potato mixture; combine carefully.
Vinegar.....	1 1/2 qt..	7. Pour about 2 1/8 gal mixture into each pan.
Sugar, granulated..	12 oz....	1 3/4 cups	8. Place in oven 15 minutes or until thoroughly heated. Serve hot.
Mustard flour.....	1 tbsp...	

- NOTE: 1. In Step 1: 28 lb 5 oz fresh, white potatoes A.P. will yield 23 lb diced potatoes.
1 lb 7 oz dry onions A.P. will yield 1 lb 5 oz finely chopped onions.
2 lb 12 oz fresh celery A.P. will yield 2 lb chopped celery.
2. In Step 4, 2 3/4 oz (7/8 cup) dehydrated onions may be used. See Recipe No. A-11.
3. Other sizes and types of pans may be used. See Recipe No. A-25.
4. One No. 6 scoop may be used. See Recipe No. A-4.

HOT POTATO SALAD (Dehydrated Sliced Potatoes)

YIELD: 100 Portions**EACH PORTION: $\frac{2}{3}$ Cup ($4\frac{1}{2}$ Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Potatoes, white, dehydrated, sliced	6 lb 4 oz	$3\frac{3}{4}$ gal.	1. Add potatoes to boiling salted water. Cover. Bring quickly to a boil. Reduce heat; simmer 20 to 25 minutes or until potatoes are tender. Drain. Set aside for use in Step 3.
Water, boiling.	5 gal.	
Salt.	$2\frac{1}{3}$ oz. .	$3\frac{2}{3}$ tbsp.	
Onions, dehydrated. .	$1\frac{1}{2}$ oz. .	$\frac{1}{3}$ cup plus 1 tbsp	2. Rehydrate onions; drain well.
Water, warm.	$1\frac{3}{4}$ cups.	
Pickle relish, sweet. .	1 lb 3 oz	2 cups.	3. Combine onions, relish and pepper; mix well; add to potatoes. Set aside for use in Step 6.
Pepper, black.	$\frac{1}{2}$ oz. . .	2 tbsp.	
Bacon, raw, chopped	3 lb. . . .	$2\frac{1}{4}$ qt.	4. Cook bacon until crisp. Remove bacon from fat; set bacon fat aside for use in Step 5. Set bacon aside for use in Step 7.

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Vinegar.....	1 qt.....	5. Combine vinegar, water, and sugar. Add gradually to bacon fat. Cook until sugar is dissolved, stirring constantly. 6. Pour hot dressing over potato mixture; combine carefully. 7. Add bacon; reserve enough to sprinkle on top as a garnish. Serve hot.
Water.....	1½ qt...	
Sugar, granulated..	1 lb 4 oz	2¾ cups	
Bacon fat.....	11 oz...	1½ cups	

NOTE: One No. 6 scoop may be used. See Recipe No. A-4.

VARIATION

1. HOT POTATO SALAD (DEHYDRATED DICED POTATOES): In Step 1, 6 lb 3 oz (2 gal-2¾-No. 10 cn) dehydrated diced potatoes may be used for dehydrated sliced potatoes. Follow remainder of Step 1. Follow Steps 2 through 7.

JELLIED FRUIT COCKTAIL SALAD



M. SALADS, SALAD DRESSINGS, AND RELISHES No. 44

SPRING SALAD

YIELD: 100 Portions				EACH PORTION: $\frac{3}{4}$ Cup ($2\frac{1}{2}$ Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Lettuce, fresh, trimmed	5 lb.	2. Tear prepared lettuce into large pieces.
Radishes, fresh, sliced $\frac{1}{8}$ inch	1 lb. .	1 qt.	3. Combine lettuce with radishes, cucumbers, peppers and onions; toss lightly. 4. Cover; refrigerate for use in Step 5.
Cucumbers, fresh, pared, sliced $\frac{1}{8}$ inch	3 lb. .	$2\frac{1}{4}$ qt	
Pepper, sweet, fresh, diced $\frac{1}{4}$ inch	1 lb 8 oz	$4\frac{1}{2}$ cups	
Onions, green, with tops, sliced, $\frac{1}{4}$ inch	2 lb. . . .	$2\frac{1}{2}$ qt	
Tomatoes, fresh, wedges	5 lb. . . .	1 gal.	5. Add tomatoes to other salad vegetables just before serving. Toss lightly.

- NOTE:** 1. In Step 1: 5 lb 7 oz fresh lettuce A.P. will yield 5 lb trimmed lettuce.
1 lb 1 oz fresh radishes A.P. will yield 1 lb sliced radishes.
3 lb 9 oz fresh cucumbers A.P. will yield 3 lb sliced, pared cucumbers.
1 lb 13 oz fresh, sweet peppers will yield 1 lb 8 oz diced peppers.
2 lb 7 oz fresh green onions A.P. will yield 2 lb sliced green onions with tops.
5 lb 2 oz fresh tomatoes A.P. will yield 5 lb tomato wedges.
2. In Step 3, 4 oz ($1\frac{1}{3}$ cups) dehydrated onions may be used. See Recipe No. A-11.

THREE BEAN SALAD**YIELD: 100 Portions****EACH PORTION: $\frac{1}{3}$ Cup ($3\frac{1}{2}$ Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Beans, kidney, canned	6 lb 14 oz	3 qt (1-No. 10 cn)	1. Drain all beans. Rinse kidney beans with cool water; drain.
Beans, wax, canned..	6 lb 5 oz..	3 qt (1-No. 10 cn)	
Beans, green, canned	6 lb 5 oz..	3 qt (1-No. 10 cn)	
Onions, dry, thinly sliced	1 lb 4 oz..	$3\frac{3}{4}$ cups..	2. Combine beans and onions. Set aside for use in Step 4.
Sugar, granulated..	2 lb.....	$4\frac{1}{2}$ cups..	3. Combine sugar, vinegar, salad oil or olive oil, salt, and pepper; whip or shake thoroughly. 4. Add dressing; blend well. 5. Cover; refrigerate at least 6 hours until flavors are well blended. Keep refrigerated until ready to serve.
Vinegar.....	$1\frac{1}{2}$ qt....	
Salad oil or olive oil	3 cups....	
Salt.....	2 oz.....	3 tbsp....	
Pepper, black.....	2 tsp.....	

- NOTE:
1. In Step 1, 2 lb dry kidney beans may be used for canned kidney beans. Prepare according to Recipe No. Q-5.
 2. In Step 1, 7 lb (7-No. 303 cn) canned kidney beans may be used.
 3. In Step 2, 1 lb 6 oz dry onions A.P. will yield 1 lb 4 oz thinly sliced onions.
 4. In Step 2, 2 $\frac{1}{2}$ oz ($\frac{2}{3}$ cup plus 3 tbsp) dehydrated onions may be used. See Recipe No. A-11.

VARIATION

1. PICKLED GREEN BEAN SALAD: In Step 1, omit kidney and wax beans. Use 18 lb 15 oz (3-No. 10 cn) drained canned green beans or 1 lb 9 oz (1 $\frac{1}{2}$ -No. 2 $\frac{1}{2}$ cn) canned dehydrated compressed green beans. Rehydrate according to Q-G-5. Omit butter. Follow Steps 2 through 5.

TOSSED LETTUCE, CUCUMBER, AND TOMATO SALAD

YIELD: 100 Portions			EACH PORTION: 1 Cup (2½ Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Lettuce, fresh, trimmed	8 lb.	2. Tear prepared lettuce into large pieces.
Onions, green with tops, sliced 1/4 inch	8 oz. ...	2 ² / ₃ cups	3. Combine lettuce with onions and cucumbers; toss lightly.
Cucumbers, fresh, pared, sliced 1/8 inch	4 lb. ...	3 qt.	4. Cover; refrigerate for use in in Step 5.
Tomatoes, fresh, wedges	4 lb. ...	3 ¹ / ₄ qt.	5. Add tomatoes to other salad vegetables just before serving. Toss lightly.

NOTE: In Step 1: 8 lb 10 oz fresh lettuce A.P. will yield 8 lb trimmed lettuce.
 10 oz fresh green onions A.P. will yield 8 oz sliced green onions with tops.
 4 lb 12 oz fresh cucumbers A.P. will yield 4 lb sliced, pared cucumbers.
 4 lb 1 oz fresh tomatoes A.P. will yield 4 lb tomato wedges.

M. SALADS, SALAD DRESSINGS, AND RELISHES NO. 46

VARIATIONS

1. **TOSSED GARDEN SALAD:** Follow Steps 1 and 2. Omit Step 3. Use 2 lb (1 $\frac{1}{2}$ qt) chopped, fresh carrots (2 lb 8 oz A.P.), 2 lb (1 $\frac{1}{2}$ qt) chopped fresh celery (2 lb 12 oz A.P.) and 8 oz (1 $\frac{1}{2}$ cups) chopped dry onions (9 oz A.P.). Follow Steps 4 and 5.
2. **TOSSED CALICO GARDEN SALAD:** Follow Steps 1 and 2. In Step 3, reduce cucumbers to 1 lb (3 cups) (1 lb 3 oz A.P.). In Step 3, add 1 lb (3 cups) chopped fresh carrots (1 lb 4 oz A.P.), 1 lb (3 cups) chopped fresh celery (1 lb 6 oz A.P.) 1 lb (3 cups) fresh chopped sweet peppers (1 lb 4 oz A.P.). Follow Steps 4 and 5.
3. **TOSSED ROMAINE, CUCUMBER AND TOMATO SALAD:** Follow Step 1. Omit Step 2. Use 8 lb fresh romaine (8 lb 11 oz A.P.). Follow Steps 3 through 5.
4. **TOSSED RED LEAF LETTUCE, CUCUMBER AND TOMATO SALAD:** Follow Step 1. Omit Step 2. Use 8 lb fresh red leaf lettuce (8 lb 11 oz A.P.) Follow Steps 3 through 5.
5. **TOSSED GREEN LEAF LETTUCE, CUCUMBER AND TOMATO SALAD:** Follow Step 1. Omit Step 2. Use 8 lb fresh green leaf lettuce (8 lb 11 oz A.P.) Follow Steps 3 through 5.

TOSSED GREEN SALAD**YIELD: 100 Portions****EACH PORTION: 1 Cup (1½ Ounces)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Endive, fresh, trimmed	2 lb.	2. Tear greens into large pieces.
Romaine, fresh, trimmed	3 lb.	3. Combine greens; toss lightly.
Lettuce, fresh, trimmed	6 lb.	4. Cover; refrigerate until ready to serve.

- NOTE:**
- In Step 1: 2 lb 4 oz fresh endive A.P. will yield 2 lb trimmed endive.
3 lb 3 oz fresh romaine A.P. will yield 3 lb trimmed romaine.
6 lb 8 oz fresh lettuce A.P. will yield 6 lb trimmed lettuce.
 - In Step 1, 2 lb fresh escarole (2 lb 4 oz A.P.) may be used for fresh endive; 3 lb fresh spinach (3 lb 4 oz A.P.) may be used for romaine.

TOSSED VEGETABLE SALAD

YIELD: 100 Portions			EACH PORTION: 1 Cup (3 Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Lettuce, fresh, trimmed	6 lb.	2. Tear prepared lettuce into large pieces.
Cabbage, fresh, shredded	2 lb. . .	3 1/4 qt	3. Combine lettuce with cabbage, celery, cucumbers, onions and radishes; toss lightly. 4. Cover; refrigerate for use in Step 5.
Celery, fresh, sliced 1/4 inch	3 lb. . .	3 qt.	
Cucumbers, fresh, pared, sliced 1/8 inch	3 lb. . .	2 1/4 qt	
Onions, dry, sliced 1/8 inch	2 lb. . .	2 qt	
Radishes, fresh, sliced 1/8 inch	1 lb. . .	3 cups	
Tomatoes, fresh, wedges	4 lb. . .	3 1/4 qt	5. Add tomatoes to other salad vegetables just before serving. Toss lightly.

NOTE: In Step 1: 6 lb 8 oz fresh lettuce A.P. will yield 6 lb trimmed lettuce.
2 lb 6 oz fresh cabbage A.P. will yield 2 lb shredded cabbage.
4 lb 2 oz fresh celery A.P. will yield 3 lb sliced celery.
3 lb 9 oz fresh cucumbers A.P. will yield 3 lb sliced cucumbers.
2 lb 4 oz dry onions A.P. will yield 2 lb sliced onions.
1 lb 1 oz fresh radishes A.P. will yield 1 lb sliced radishes.
4 lb 1 oz fresh tomatoes A.P. will yield 4 lb tomato wedges.

VARIATION

1. TOSSED CALICO VEGETABLE SALAD: Follow Steps 1 and 2. In Step 3, omit cabbage. Add 2 lb (3 1/4 qt) shredded red cabbage (2 lb 6 oz A.P.) Follow Steps 4 and 5.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 49

VEGETABLE SALAD

YIELD: 100 Portions				EACH PORTION: 1/2 Cup (4 1/2 Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe No. A-31.
Beans, green, canned	6 lb 5 oz	3 qt (1-No. 10 cn)	2. Drain beans, carrots and peas thoroughly. Cut carrots in half.
Carrots, canned, slices or quarters	6 lb 9 oz	3 qt (1-No. 10 cn)	
Peas, canned.	6 lb 9 oz	3 qt (1-No. 10 cn)	
Celery, fresh, diced, 1/4 inch	5 lb.	1 gal.	3. Combine beans, carrots and peas with celery and onions; toss lightly.
Onions, dry, finely chopped	1 lb.	3/4 qt.	
French Dressing, low calorie, prepared	2 lb.	1 qt.	4. Add French Dressing to vegetable mixture; toss lightly. 5. Cover; refrigerate until ready to serve.

- NOTE: 1. In Step 1: 6 lb 14 oz fresh celery A.P. will yield 5 lb diced celery.
1 lb 2 oz dry onions A.P. will yield 1 lb finely chopped onions.
2. In Step 3, 2 oz (2/3 cup) dehydrated onions may be used. See Recipe No. A-11.
3. In Step 4, 1/4 recipe low calorie French Dressing (Recipe No. M-58-1) may be used.

REVISION

WALDORF SALAD

YIELD: 100 Portions				EACH PORTION: 1/2 Cup (3 1/2 Ounces)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare fruit and vegetables as directed on Recipe No. A-31.
Milk, nonfat, dry. Water, warm.	3/4 oz. 7 oz.	3 tbsp. ... 7/8 cup.	2. Reconstitute milk.
Juice, lemon. Sugar, granulated. . Salad Dressing.	4 oz. 2 oz. 2 lb 8 oz. .	1/2 cup. ... 1/4 cup. ... 1 1/4 qt.	3. Combine lemon juice, sugar and Salad Dressing. Add to milk. Mix well.
Celery, fresh, chopped Walnuts, coarsely chopped Apples, fresh, eating, unpared, cored, diced 1/2 inch	4 lb. 1 lb. 9 lb.	3 qt. 1 qt. 2 1/2 gal.	4. Add celery, nuts and apples to Salad Dressing mixture. Toss well to coat pieces.
Lettuce, fresh, trimmed (optional)	4 lb.	5. Place 1 lettuce leaf on each serving dish; add salad. Cover; refrigerate until ready to serve.

- NOTE:
1. In Step 3, 2 lb 8 oz ($1\frac{1}{4}$ qt) fat-free Salad Dressing may be used.
 2. In Step 4: 10 lb 10 oz fresh eating apples A.P. will yield 9 lb unpared, diced apples; 5 lb 8 oz fresh celery A. P. will yield 4 lb diced celery; 12 oz lemons A.P. (3 lemons) will yield $\frac{1}{2}$ cup juice.
 3. In Step 5, 4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce.
 4. One No. 8 scoop may be used. See Recipe No. A-4.

VARIATION

1. APPLE, CELERY, AND RAISIN SALAD: Follow Steps 1 through 3. In Step 4, omit walnuts; add 1 lb 15 oz ($1\frac{1}{2}$ qt) raisins. Follow Step 5.

CRANBERRY ORANGE RELISH**YIELD: 5 $\frac{1}{4}$ Quarts**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Cranberries, fresh, washed, sorted	4 lb 12 oz	4 $\frac{3}{4}$ qt.	1. Put cranberries through food grinder or chopper to grind fine. Set aside for use in Step 3.
Oranges, fresh, A.P.	5 lb.	10 oranges	2. Cut oranges into quarters; remove seeds. Coarse grind through food grinder or chopper.
Sugar, granulated	4 lb.	9 $\frac{2}{3}$ cups.	3. Combine cranberries, oranges, and sugar; stir until sugar is dissolved. 4. Cover; refrigerate until ready to serve.

NOTE: In Step 1, 5 lb fresh cranberries A.P. will yield 4 lb 12 oz sorted cranberries.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 52
GUACAMOLE

YIELD: 100 Portions				EACH PORTION: 2 Tablespoons
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare avocados and onions as directed on Recipe No. A-31.
Avocados, fresh, ripe, mashed	6 lb.	3 qt.	2. Combine avocados, onions, garlic, chili powder, salt, pepper, and Salad Dressing in mixer bowl. Whip at high speed until well blended. 3. Cover; refrigerate until ready to serve.
Onions, dry, minced...	6 oz.	3/4 cup...	
Garlic, dehydrated....	3/4 tsp...	
Chili powder.....	1 tbsp...	
Salt.....	2/3 oz. ...	1 tbsp...	
Pepper, black.....	1 tsp....	
Salad Dressing.....	1 lb.	2 cups...	

- NOTE: 1. In Step 1, 8 lb 11 oz avocados A.P. will yield 6 lb mashed avocado; 7 oz dry onions A.P. will yield 6 oz minced onions.
2. For Salad: Serve 2 tbsp Guacamole on each lettuce leaf (4 lb 5 oz fresh lettuce A.P. will yield 4 lb trimmed lettuce). Garnish with tomato wedge (3 lb A.P. fresh tomatoes).
3. For Dip: Serve with potato chips, crackers, and corn chips.
4. 1-No. 30 scoop may be used. See Recipe No. A-4.

REVISION

GERMAN STYLE TOMATO SALAD

YIELD: 100 Portions

EACH PORTION: $\frac{1}{3}$ Cup (3 Ounces)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Tomatoes, fresh ...	15 lb	2 $\frac{1}{2}$ gal	2. Cut tomatoes into $\frac{1}{2}$ inch cubes.
Onions, dry, chopped	1 lb	3 cups	3. Add chopped onions, parsley, salt and pepper. Toss lightly. Cover; refrigerate until ready to serve.
Parsley, fresh, chopped	4 oz	2 cups	
Salt	1 oz	4 $\frac{1}{2}$ tsp	
Pepper, black	2 tsp	
Salad Dressing	2 lb	1 qt	4. Combine Salad Dressing and cream. Set aside for use in Step 6.
Cream, table	8 oz	1 cup	

REVISION

(OVER)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Bacon, raw, chopped	3 $\frac{1}{4}$ oz ...	1 cup	5. Cook bacon until crisp; drain. Set aside for use in Step 7. 6. Just before serving, add dressing to tomato mixture; toss gently. 7. Sprinkle bacon on top and serve.

NOTE: 1. In Step 1: 15 lb 5 oz fresh tomatoes A.P. will yield 15 lb tomato cubes.

1 lb 2 oz dry onions A.P. will yield 1 lb chopped onions.

4 $\frac{1}{4}$ oz fresh parsley A.P. will yield 4 oz chopped parsley.

2. In Step 3, 2 oz ($\frac{2}{3}$ cup) dehydrated onions and $\frac{1}{2}$ cup dehydrated parsley may be used.

See Recipe No. A-11.

VARIATION

1. COUNTRY STYLE TOMATO SALAD: Follow Step 1. In Step 2, use 12 lb tomatoes (12 lb 4 oz A.P.). In Step 3, omit parsley; add 1 lb 8 oz (4 $\frac{1}{2}$ cups) chopped fresh sweet peppers (1 lb 12 oz A.P.), and 2 lb (1 $\frac{1}{2}$ qt) chopped fresh celery (2 lb 12 oz A.P.). Combine 3 cups vinegar, 12 oz (1 $\frac{3}{4}$ cups) granulated sugar, and 8 oz (1 cup) salad oil or olive oil. Add to salad; toss lightly. Cover; marinate at least 1 hour before serving. Omit Steps 4 through 7. Keep refrigerated until ready to serve. EACH PORTION: About $\frac{1}{2}$ cup (3 $\frac{1}{2}$ Ounces).

TOMATO FRENCH DRESSING

YIELD: 6 1/4 Cups)		EACH PORTION: 1 Tablespoon (1/2 Ounce)		
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Soup, condensed, tomato	2 lb	3 3/4 cups	(2/3-No. 3 cyl cn)	1. Combine soup, vinegar, sugar, onions, Worcestershire sauce, mustard and garlic powder in mixer bowl. 2. Using a wire whip, beat at medium speed about 2 minutes or until well blended.
Vinegar	12 oz . . .	1 1/2 cups		
Sugar, granulated	1 3/4 oz . .	1/4 cup		
Onions, dry, minced	1 2/3 oz . .	1/4 cup		
Worcestershire sauce	1 oz	1 1/2 tbsp		
Mustard, dry	1/5 oz . . .	1 tbsp		
Garlic powder	1/10 oz . .	1 tsp		3. Add salad oil or olive oil gradually while mixing at low speed 3 minutes. 4. Beat at medium speed 2 minutes or until well blended. 5. Cover; refrigerate until ready to serve. 6. Whip or stir well before using.
Salad oil or olive oil	8 oz	1 cup		

NOTE: 1. In Step 1, 1/5 oz (1 tbsp) dehydrated onions may be used. See Recipe No. A-11.
 2. In Step 1, 2 oz dry onions A.P. will yield 1 2/3 oz minced onions.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 55

VINAIGRETTE DRESSING

YIELD: 6 1/4 Cups			EACH PORTION: 1 Tablespoon (1/2 Ounce)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Sugar, granulated	1 oz	2 1/4 tbsp	1. Combine sugar, salt, dry mustard and black and red pepper in mixer bowl. Add vinegar and water.
Salt	1 oz	1 2/3 tbsp	
Mustard, dry	1/2 oz	2 2/3 tbsp	2. Using a wire whip, beat at medium speed about 2 minutes or until well blended.
Pepper, black	1/8 oz	1 1/2 tsp	
Pepper, red, ground ...	1/30 oz ..	1/2 tsp	
Vinegar	1 lb	2 cups	
Water	1 lb	2 cups	
Salad oil or olive oil	1 lb	2 cups	3. Add salad oil or olive oil gradually while mixing at low speed 3 minutes.
Peppers, sweet, fresh, chopped	2 oz	6 1/2 tbsp	4. Add onions, peppers and parsley; mix at medium speed 1 minute or until well blended.
Onions, dry minced	1 1/2 oz ...	1/4 cup	
Parsley, fresh, chopped	3/4 oz	6 tbsp.	5. Cover; refrigerate until ready to serve.
				6. Whip or stir well before using.

- NOTE: 1. In Step 4, 1 2/3 oz dry onions A.P. will yield 1 1/2 oz minced onions; 2 1/2 oz fresh sweet peppers A.P. will yield 2 oz chopped peppers; 1 oz fresh parsley A.P. will yield 3/4 oz chopped parsley.
2. In Step 4, 1 oz (2/3 cup) dehydrated green peppers may be used (See Recipe No. A-11)
3. In Step 4, 1 2/3 tbsp dehydrated parsley may be used.

QUICK FRUIT DRESSING

YIELD: 2 Quarts			EACH PORTION: 1 Tbsp (1/2 Ounce)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Yogurt, plain, low fat Sugar, granulated. . .	2 lb 8 oz 4 1/2 oz. .	4 1/2 cups 10 tbsp.	1. Blend sugar into yogurt in mixer bowl at low speed.
Juice, pineapple, canned	1 lb 9 oz	2 7/8 cups (1/2-No. 3 cyl cn)	2. Gradually add pineapple juice. Mix at low speed until just blended. 3. Cover; refrigerate until ready to serve. 4. Stir well before using.

ZERO SALAD DRESSING**YIELD: 1 Gallon****EACH PORTION: 2 Tablespoons (1 Ounce)**

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash, and prepare vegetables as directed on Recipe No. A-31.
Juice, tomato, canned	6 lb 2 oz	11½ cups (2-No. 3 cyl cn)	2. Combine tomato juice, vinegar, salt, onions, peppers, carrots and parsley; blend well.
Vinegar	3 cups	3. Cover; refrigerate until ready to serve.
Salt	¾ oz	3½ tsp	4. Shake well before using.
Onions, dry, ground	1 oz	2 tbsp	
Peppers, sweet, fresh, ground	¾ oz	2 tbsp	
Carrots, fresh, ground	12 oz	3 cups	
Parsley, fresh, chopped	2 tbsp	

REVISION

(OVER)

- NOTE:**
1. In Step 2, 15 oz fresh carrots A.P. will yield 12 oz ground carrots.
 2. In Step 2, 3 cups ($\frac{3}{4}$ -36 oz cn) canned tomato juice concentrate mixed with $2\frac{1}{4}$ qt water may be used for canned tomato juice.
 3. In Step 2, 2 tsp dehydrated onions may be used. See Recipe No. A-11.
 4. In Step 2, $\frac{1}{2}$ oz fresh parsley A.P. will yield 2 tbsp chopped parsley.
 5. In Step 2, 1 oz fresh peppers, sweet A.P. will yield 2 tbsp ground peppers.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 58

FRENCH DRESSING

YIELD: 2 Quarts			EACH PORTION: 1 Tablespoon (1/2 Ounce)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Mustard, flour.....	1 1/2 tbsp.	1. Combine mustard flour, paprika, salt, sugar, catsup and onions in mixer bowl.
Paprika, ground...	1 tbsp.	
Salt.....	3/4 oz.	3 1/3 tsp.	2. Using a wire whip, beat at medium speed about 2 minutes or until well blended.
Sugar, granulated. .	2 oz.	1/4 cup.	
Catsup, tomato.	11 oz.	1 1/4 cups.	
Onions, dry, minced. .	1 oz.	2 tbsp.	
Vinegar.	2 cups.	3. Continue beating; slowly add vinegar and salad oil or olive oil alternately.
Salad oil or olive oil	2 lb 4 oz	4 1/2 cups.	
				4. Cover; refrigerate until ready to serve.
				5. Shake or beat well before using.

NOTE: 1. In Step 1, 2 1/4 tsp dehydrated onions may be used. See Recipe No. A-11.
 2. In Step 1, 1 1/8 oz dry onions A.P. will yield 1 oz minced onions.

VARIATION

1. **LOW CALORIE FRENCH DRESSING:** In Steps 1 and 2, double ingredients. In Step 3, use 1 qt vinegar; reduce salad oil or olive oil to 2 lb (1 qt); add 1 1/4 qt water. Follow remainder of Step 3. Follow Steps 4 and 5. EACH PORTION: 2 Tablespoons (1 Ounce).

REVISION

BLUE CHEESE DRESSING**Yield** 100 Portions**Pan Size**

() Pans ° F.

Each Portion 1 Tablespoon (1/2 oz)

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
15 cal	1 g	1 g	1 g	48 %	2 mg	37 mg	0 g	31 mg

Ingredients**Weight****Measure****Issue**

YOGURT, LOW FAT, PLAIN

3 lb

5 1/2 cup

VINEGAR

1/2 oz

1 tbsp

MUSTARD FLOUR

1/4 oz

1 tbsp

GARLIC POWDER

1/8 oz

1 1/2 tsp

ONION POWDER

1/8 oz

1 1/2 tsp

CHEESE, BLUE-VEINED CRUMBLED

9 1/2 oz

2 cup

Methods

- 1 Place yogurt, vinegar, mustard flour, garlic powder, and onion powder in mixer bowl.
- 2 Using whip, mix at low speed 2 minutes until just blended.
- 3 Fold in cheese until just blended.
- 4 CCP: Cover; refrigerate product at 41° F. or lower.

GARLIC FRENCH DRESSING

YIELD: 6 1/4 Cups

EACH PORTION: 1 Tablespoon (1/2 Ounce)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Sugar, granulated.	3 1/2 oz.	1/2 cup.	1. Combine sugar, garlic powder dry mustard, onion powder, paprika, salt and red pepper in mixer bowl. Add water, lemon juice and vinegar. 2. Using a wire whip, beat at medium speed about 2 minutes or until well blended.
Garlic powder.	1 1/4 oz.	1/4 cup.	
Mustard, dry.	1/2 oz.	2 1/3 tbsp.	
Onion powder.	1/2 oz.	2 tbsp.	
Paprika, ground.	1/4 oz.	1 tbsp.	
Salt.	1/2 oz.	2 1/4 tsp.	
Pepper, red, ground.	1/60 oz.	1/4 tsp.	
Water.	13 1/4 oz. ...	1 2/3 cups.	
Lemon juice.	10 oz.	1 1/4 cups.	
Vinegar.	10 oz.	1 1/4 cups.	
Salad oil or olive oil	13 oz.	1 2/3 cups.	3. Add salad oil or olive oil gradually while mixing at low speed 3 minutes. 4. Beat at medium speed 2 minutes or until well blended. 5. Cover; refrigerate until ready to serve. 6. Whip or stir well before using.

NOTE: 1. In Step 3, 1 lb 6 oz fresh lemons A.P. (8 lemons) will yield 1 1/4 cups juice.

2. In Step 3, 2 3/4 oz frozen lemon juice concentrate and 1 cup cold water may be used for fresh lemon juice.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 61

TANGY SALAD DRESSING

YIELD: 6 $\frac{1}{4}$ Cups				EACH PORTION: 1 Tablespoon ($\frac{1}{2}$ Ounce)
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Catsup, tomato.	1 lb 1 oz. . .	1 $\frac{3}{4}$ cups.	1. Combine catsup, mustard, salt, pepper, vinegar, sugar and Worcestershire sauce in mixer bowl. Beat at medium speed about 2 minutes or until blended.
Mustard flour.	$\frac{1}{5}$ oz. .	1 tbsp.	
Salt.	1 oz.	1 $\frac{2}{3}$ tbsp.	
Pepper, black.	$\frac{1}{8}$ oz.	1 $\frac{1}{2}$ tsp.	
Worcestershire sauce. .	2 $\frac{1}{3}$ oz. .	$\frac{1}{4}$ cup.	
Vinegar.	15 oz. .	1 $\frac{3}{4}$ cups.	2. Add salad oil or olive oil while mixing at medium speed 3 minutes or until well blended.
Sugar, granulated	$\frac{3}{4}$ oz. .	1 $\frac{2}{3}$ tbsp.	
Salad oil or olive oil. .	14 oz.	1 $\frac{3}{4}$ cups.	3. Add parsley and peppers; mix at medium speed 1 minute or until blended.
Parsley, fresh, finely chopped.	$\frac{1}{2}$ oz.	2 tbsp. .		
Peppers, sweet, fresh, finely chopped	7 oz.	1 $\frac{1}{4}$ cups.	4. Cover; refrigerate until ready to serve.
				5. Whip or stir well before using.

- NOTE:
1. In Step 3, 8 oz fresh sweet peppers A.P. will yield 7 oz finely chopped peppers.
 2. In Step 3, 1 oz ($\frac{2}{3}$ cup) dehydrated green peppers may be used. See Recipe No. A-11.
 3. In Step 3, $1\frac{2}{3}$ tsp dehydrated parsley may be used. See Recipe No. A-11.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 62

CHIFFONADE DRESSING

YIELD: 2 Quarts			EACH PORTION: 1 Tablespoon (1/2 Ounce)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Mustard flour.	1 1/2 tsp.	1. Combine mustard flour, salt, peppers and sugar; blend well.
Salt.	1 oz.	1 2/3 tbsp.	
Pepper, black.	1 1/2 tsp.	
Pepper, red, ground.	1/4 tsp.	
Sugar, granulated. . .	3/4 oz. . .	1 1/2 tbsp.	
Water.	6 tbsp.	2. Add water; mix thoroughly.
Salad oil or olive oil. . .	1 lb 12 oz	3 1/2 cups.	3. Add salad oil or olive oil and vinegar; mix well.
Vinegar.	2 cups.	
Beets, canned, whole or slices	8 oz.	1 cup (1/2-No. 303 cn)	4. Drain beets thoroughly; chop finely. Add beets, eggs, onions and parsley; mix well. 5. Cover; refrigerate until ready to serve. 6. Stir well before using.
Eggs, hard cooked, finely chopped	4 1/2 oz. . .	1 cup (3 eggs)	
Onions, dry, minced. . .	1 1/2 oz. . .	3 tbsp.	
Parsley, fresh, minced	1/2 oz. . .	1/4 cup.	

- NOTE:
1. In Step 4, 1 1/2 tbsp dehydrated onions may be used. See Recipe No. A-11.
 2. In Step 4, 1 2/3 oz dry onions A.P. will yield 1 1/2 oz minced onions.
 3. In Step 4, 1 1/2 tsp dehydrated parsley may be used.
 4. In Step 4, 3/4 oz fresh parsley A.P. will yield 1/2 oz minced parsley.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 62(1)
MEXICAN POTATO SALAD

YIELD: 100 Portions			EACH PORTION: $\frac{3}{4}$ Cup (4 $\frac{1}{2}$ Ounces)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. A-31.
Potatoes, white, fresh, diced, 1-inch	18 lb. . . .	3 $\frac{1}{4}$ gal.	2. Cover potatoes with water; bring to a boil; add salt; reduce heat to a simmer; cover. Cook 10 minutes or until just tender. 3. Drain well. Cool slightly. Set aside for use in Step 8.
Water.	24 lb. . . .	3 gal.	
Salt.	2 $\frac{2}{3}$ oz. . . .	1 tbsp.	
Vinegar, red wine or cider	1 lb.	2 cups.	4. Combine vinegar, water and jalapeno peppers in mixer bowl; mix well.
Water.	1 lb.	2 cups.	
Peppers, jalapeno, canned, drained, minced	1 $\frac{1}{8}$ oz. . . .	2 tbsp.	

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 62(1)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Sugar, granulated....	13/4 oz. ...	1/4 cup.	5. Combine sugar, mustard flour, paprika, pepper and cumin; blend well; add to vinegar mixture. 6. Mix at medium speed 2 minutes using wire whip.
Mustard flour.....	2/5 oz. ...	2 tbsp.	
Paprika, ground.....	2/5 oz. ...	12/3 tbsp	
Pepper, black.....	2/5 oz. ...	12/3 tbsp	
Cumin, ground.....	1/4 oz. ...	1 tbsp.	
Salad oil or olive oil	1 lb 13 oz	33/4 cups	7. Add salad oil or olive oil gradually while mixing at low speed 3 minutes; scrape down bowl. Mix at medium speed 2 minutes or until well blended. 8. Pour dressing over potatoes. Mix lightly but thoroughly. Cover; refrigerate for use in Step 10.
Broccoli, fresh, coarsely chopped	6 lb.	2 gal.	9. Cover broccoli with water; bring to a boil; reduce heat. Simmer 4 minutes or until just tender. Drain thoroughly.
Water.	8 lb.	1 gal.	

(CONTINUED)

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 62(2)
MEXICAN POTATO SALAD

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Tomatoes, fresh, sliced into 1/4 inch by 3/4 inch strips	2 lb.	4 ² / ₃ cups	10. Add broccoli, tomatoes and beans to potato mixture. Toss lightly but thoroughly. Cover; refriger- ate at least 3 hours or until flavors are well blended.
Beans, kidney, canned, drained	2 lb 5 oz	1 qt (1/3- No. 10 cn)		

- NOTE:
1. In Step 1, 22 lb 2 oz fresh white potatoes A.P. will yield 18 lb pared potatoes.
 2. In Step 1, 9 lb 14 oz fresh broccoli A.P. will yield 6 lb chopped broccoli.
 3. In Step 1, 7 lb 4 oz frozen broccoli may be used. Add to boiling water. Cook 1 minute or until thoroughly heated.
 4. In Step 1, 2 lb 1 oz fresh tomatoes A.P. will yield 2 lb sliced tomatoes.
 5. In Step 10, 2 lb (2-No. 303 cn) canned kidney beans may be used.
 6. Two No. 10 scoops may be used. See Recipe No. A-4.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 63

THOUSAND ISLAND DRESSING

YIELD: 2 Quarts		EACH PORTION: 1 Tablespoon (1/2 Ounce)		
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Eggs, hard cooked, finely chopped	4 1/2 oz. . .	1 cup (3 eggs)	1. Combine eggs, onions, pimientos, relish, catsup, Salad Dressing and salt; blend well. 2. Cover; refrigerate until ready to serve. 3. Stir well before using.
Onions, dry, minced. . .	1/2 oz. . . .	1 tbsp.	
Pimientos, canned, drained, finely chopped	4 oz.	1/2 cup (1/8- No. 2 1/2 cn)	
Relish, pickle, sweet, drained	5 oz.	1/2 cup.	
Catsup, tomato.	11 oz. . . .	1 1/4 cups.	
Salad Dressing.	2 lb 8 oz	1 1/4 qt.	
Salt.	1 1/2 tsp.	

- NOTE:
1. In Step 1, 1 1/2 tsp dehydrated onions may be used. See Recipe No. A-11.
 2. In Step 1, 1/2-7 oz cn canned pimientos may be used.
 3. In Step 1, 1 1/4 cups (1-12 oz bt) chili sauce may be used for catsup.
 4. In Step 1, 1 1/2 tbsp chopped fresh parsley and 1 oz (3 tbsp) finely chopped sweet peppers may be used for pickle relish.
 5. 4 lb (2 qt) prepared, ready-to-use Thousand Island Dressing may be used for all ingredients or Dressing Mix, Dry, Thousand Island may be used. Mix according to instructions on container.

REVISION

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 64

CREAMY ITALIAN DRESSING

YIELD: 2 Quarts		EACH PORTION: 1 Tablespoon (1/2 Ounce)		
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Salad Dressing.	3 lb.	1 1/2 qt.	<ol style="list-style-type: none"> 1. Combine Salad Dressing, water, vinegar, basil, oregano, garlic, onion powder and sugar in mixer bowl. 2. Beat at medium speed 3 to 5 minutes. 3. Cover; refrigerate at least 8 hours before serving.
Water.	1 1/2 cups.	
Vinegar.	3/4 cup.	
Basil, sweet, whole, crushed	2 2/3 tbsp.	
Oregano, crushed.	2/3 oz. . . .	1/3 cup.	
Garlic, dehydrated.	1 1/2 tsp.	
Onion powder.	1/2 oz. . . .	2 2/3 tbsp.	
Sugar, granulated.	1 tsp.	

NOTE: If desired, 1 1/2 tsp crushed red pepper may be used in Step 1.

CREAMY HORSERADISH DRESSING

YIELD: 2 Quarts			EACH PORTION: 1 Tablespoon (1/2 Ounce)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
French Dressing.....	1 lb.	2 cups....	1. Prepare 1/4 recipe French Dressing (Recipe No. M-58).
Salad Dressing.....	2 lb.	1 qt.	2. Combine French Dressing, Salad Dressing, horseradish, vinegar, and sugar; blend well.
Horseradish, prepared	10 oz. ...	1 cup.	
Vinegar.....	1/2 cup...	
Sugar, granulated (optional)	6 oz.	3/4 cup...	3. Cover; refrigerate at least 1 to 2 hours to blend flavors. Keep refrigerated until ready to serve.

NOTE: In Step 1, 1 lb (2 cups) prepared, ready-to-use French Dressing may be used.

REVISION

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 66

LOW CALORIE TOMATO DRESSING

YIELD: 1 Gallon		EACH PORTION: 2 Tablespoons (1 Ounce)		
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Soup, condensed, tomato	7 lb. . . .	3 $\frac{1}{4}$ qt (2 $\frac{1}{4}$ -No. 3 cyl cn)	1. Combine soup, garlic, onion powder, pepper, relish and wine vinegar; blend well. 2. Cover; refrigerate until ready to serve. Stir well before using.
Garlic, dehydrated.	1 $\frac{1}{4}$ oz	3 tbsp.	
Onion powder.	1 tbsp.	
Pepper, black.	$\frac{1}{2}$ tsp.	
Relish, pickle, sweet. . .	6 oz. . . .	$\frac{3}{4}$ cup.	
Vinegar, wine, red or white	1 lb 2 oz	2 $\frac{1}{4}$ cups	

REVISION

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 67
RUSSIAN DRESSING

YIELD: 2 Quarts		EACH PORTION: 1 Tablespoon (1/2 Ounce)		
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Chili sauce.....	1 lb....	1 1/2 cups..	1. Combine chili sauce, onions, paprika, pepper, pimientos and Salad Dressing; blend well. 2. Cover; refrigerate until ready to serve. 3. Stir well before using.
Onions, dry, minced	1/2 oz..	1 tbsp....	
Paprika, ground.....	1 tbsp....	
Pepper, black.....	1 1/2 tsp...	
Pimientos, canned, drained, finely chopped	1 1/2 oz	1/4 cup (1/4- 7 oz cn)	
Salad Dressing.....	3 lb...	1 1/2 qt...	

- NOTE: 1. In Step 1, 1 1/2 tsp dehydrated onions may be used. See Recipe No. A-11.
 2. In Step 1, 1/2 oz dry onions A.P. will yield 1/2 oz minced onions.

REVISION

SOUR CREAM DRESSING

YIELD: 2 Quarts		EACH PORTION: 1 Tablespoon (1/2 Ounce)		
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Sour cream.	3 lb 8 oz	1 1/2 qt.	1. Blend Salad Dressing carefully into sour cream.
Salad Dressing. ...	1 lb.	2 cups.	
Vinegar.	1/4 cup.	2. Combine vinegar and salt. Add to sour cream mixture stirring carefully.
Salt.	1/2 oz. ..	2 1/4 tsp.	
				3. Cover; refrigerate until ready to serve.

NOTE: In Step 1, Sour Cream Sauce Mix may be used for sour cream. Mix according to instructions on container.

VARIATION

1. **BLUE CHEESE AND SOUR CREAM DRESSING:** Follow Step 1. In Step 2, add 12 oz (3 cups) crumbled blue-veined cheese; stir with wire whip until blended. In Step 3, refrigerate at least 2 hours before serving. Keep refrigerated until ready to serve.

REVISION

VINEGAR AND OIL DRESSING

YIELD: 6 $\frac{1}{4}$ Cups			EACH PORTION: 1 Tablespoon (1/2 Ounce)	
INGREDIENTS	WEIGHTS	MEASURES		METHOD
Vinegar	1 lb 4 oz	2 $\frac{1}{4}$ cups	1. Combine vinegar, water, salt, garlic powder, pepper and oregano in mixer bowl.
Water	1 lb 2 oz	2 $\frac{1}{4}$ cups	
Salt	1 oz	1 $\frac{2}{3}$ tbsp	
Garlic powder	1/5 oz	2 tsp	
Pepper, black	1/8 oz	1 $\frac{1}{2}$ tsp	
Oregano, crushed	1/15 oz	1 tbsp	2. Using a wire whip, beat at medium speed about 2 minutes or until well blended.
Salad oil or olive oil	1 lb	2 cups	3. Add salad oil or olive oil gradually while mixing at low speed 3 minutes.
				4. Mix at medium speed 1 minute or until well blended.
				5. Cover; refrigerate until ready to serve.
				6. Whip or stir well before using.

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 70

ZESTY ROTINI SALAD

YIELD: 100 Portions (3 $\frac{1}{8}$ gal)			EACH PORTION: 1 $\frac{1}{2}$ Cup (3 $\frac{1}{2}$ Ounces)	
INGREDIENTS	WEIGHTS	WEIGHTS		METHOD
				1. Trim, wash, and prepare salad vegetables as directed on Recipe No. A-31.
Water.....	20 lb...	2 $\frac{1}{2}$ gal..	2. Add salt and salad oil or olive oil to water; heat to rolling boil.
Salt.....	2 $\frac{2}{3}$ oz...	1 tbsp	3. Add rotini slowly while stirring constantly, until water boils again. Cook about 10 to 12 minutes or until tender; stir occasionally. DO NOT OVERCOOK.
Salad oil or olive oil	1 $\frac{1}{2}$ oz...	1 tbsp	4. Drain. Rinse with cold water.
Rotini.....	3 lb 2 oz	4 $\frac{3}{4}$ qt...	
Dressing, Italian, fat free, prepared	3 lb 3 oz	1 $\frac{1}{2}$ qt...	5. Combine dressing with cheese sesame seeds, poppy seeds, and paprika. Add to rotini. Toss lightly.
Cheese, grated, Parmesan	6 oz	1 $\frac{1}{2}$ cups...	
Sesame seeds.....	2 $\frac{1}{4}$ oz	1 $\frac{1}{2}$ cup...	
Poppy seeds.....	1 oz	3 tbsp...	
Paprika, ground.....	1 oz	1 $\frac{1}{4}$ cup...	

INGREDIENTS	WEIGHTS	WEIGHTS		METHOD
Tomatoes, fresh diced 1/2 inch	3 lb 8 oz	2 1/3 qt.	6. Add tomatoes, cucumbers, peppers and onions. Toss lightly. Cover and refrigerate at least 3 hours or until flavors are blended. Keep refrigerated until ready to serve.
Cucumbers, pared, diced 1/2 inch	3 lb 8 oz	2 3/4 cups	
Peppers, sweet, fresh, 1/2 inch pieces	2 lb.	2 qt.	
Onions, dry, chopped	1 lb 8 oz	4 1/2 cups		

- NOTE:
1. In Step 3, other types of pasta may be used.
 2. In Step 5, 3 lb 3 oz (1 1/2 qt) reduced calorie Italian salad dressing maybe used.
 3. In Step 6, 3 lb 9 oz fresh tomatoes A.P. will yield 3 lb 8 oz diced tomatoes.
 4. In Step 6, 3 lb 11 oz cucumbers A.P. will yield 3 lb 8 oz diced cucumbers.
 5. In Step 6, 2 lb 7 oz sweet peppers A.P. will yield 2 lb chopped sweet peppers.
 6. In Step 6, 1 lb 11 oz dry onions A.P. will yield 1 lb 8 oz chopped onions.8

SALSA PASTA SALAD**YIELD:** 100 Portions (3 1/4 Gallon)**EACH PORTION:** 1/2 cup (3 ounces)

INGREDIENTS	WEIGHTS	MEASURES	METHOD
Water, hot	20 lb	2 ½ gal	1. Add salt and salad oil or olive oil to water; heat to rolling boil. Slowly add rotini while stirring constantly until water boils again. Cook 10 to 12 minutes. DO NOT OVER COOK. Drain. Rinse with cold water; drain thoroughly.
Salt	$\frac{2}{3}$ oz	1 tbsp	
Salad oil or olive oil	$\frac{1}{2}$ oz	1 tbsp	
Macaroni, Rotini	3 lb 2 oz	
SALSA:			
Tomatoes, fresh	3 lb 10 oz .	2 ½ qt	2. Combine tomatoes, onions, peppers, salt and sugar; mix well. 3. Add tomato mixture to rotini. Toss lightly but thoroughly. 4. Refrigerate for use in Step 8.
coarsely chopped			
Onions, dry, chopped	4 oz	$\frac{3}{4}$ cup	
Peppers, jalapeno	3 $\frac{2}{3}$ oz	$\frac{1}{2}$ cup	
drained, chopped			
Salt	$\frac{2}{3}$ oz	1 tbsp	
Sugar, granulated	$\frac{1}{2}$ oz	1 tbsp	

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Carrots, fresh	2 lb ...	1 $\frac{1}{2}$ qt	5. Add carrots to boiling water. Return to a boil; reduce heat; cover ; simmer 8 to 10 minutes or until just tender. 6. Drain; set aside for use in Step 8.
sliced 1/4 inch Water, boiling	3 lb....	1 $\frac{1}{2}$ qt	
Peas, frozen.....	2 lb ...	1 $\frac{3}{4}$ qt....	7. Add peas and corn to water. Bring to a boil; reduce heat; cover; simmer 4 minutes. Drain
Corn, whole kernel frozen	2 lb ...	1 $\frac{3}{4}$ qt....	
Water, boiling	1 lb ...	2 cups	
Peas, chick, canned drained	3 lb 5 oz	1 $\frac{1}{4}$ qt (4-No. 300cn)	8. Add chick peas, olives, carrots, peas and corn to rotini mixture. Toss lightly. Cover; refrigerate at least 3 hours or until flavors are well blended. Keep refrigerated until ready to serve.
Olives, ripe, pitted sliced, drained	2 lb 3 oz	2 cups (2 $\frac{1}{2}$ -No.300cn)	

- Note: 1. In Step 2, 3 lb 11 oz fresh tomatoes A.P. will yield 3 lb 10 oz chopped tomatoes.
 2. In Step 2, 4 1/2 oz dry onions A.P. will yield 4 oz chopped onions.
 3. In Step 2, 2 3/4 qt prepared salsa may be used.
 4. In Step 5, 2 lb 7 oz fresh carrots A.P. will yield 2 lb sliced carrots. Frozen carrots may be used, see Guidelines Q G-3.

CONFETTI RICE SALAD**YIELD:** 100 Portions (3 $\frac{1}{8}$ Gallons)**EACH PORTION:** $\frac{1}{2}$ Cup (3 $\frac{1}{2}$ Ounces)

INGREDIENTS	WEIGHTS	MEASURES		METHOD
				1. Trim, wash and prepare salad vegetables as directed on Recipe No. M-G-1. Set aside for use in Step 5.
Rice, long grain	4 lb	9 $\frac{1}{8}$ cups	2. Combine rice, water and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR. 3. Remove from heat; transfer to shallow serving pans. Cover. Refrigerate 1 hour.
Water, cold	10 lb	1 $\frac{1}{4}$ gal	
Salt	$\frac{3}{4}$ oz	1 $\frac{1}{8}$ tbs	
Yogurt, lowfat, plain	3 lb 4 oz	1 $\frac{1}{2}$ qt	4. Combine yogurt, salad dressing, vinegar, salt, parsley, garlic powder and pepper; mix thoroughly.
Salad Dressing	11 oz	1 $\frac{1}{8}$ cups	
Vinegar	2 $\frac{1}{8}$ oz	$\frac{1}{4}$ cup	

INGREDIENTS	WEIGHTS	MEASURES		METHOD
Salt	1 oz	1 $\frac{2}{3}$ tbsp	Combine with chilled rice.
Parsley, fresh, chopped	$\frac{1}{2}$ oz	$\frac{1}{4}$ cup	
Garlic powder	$\frac{1}{4}$ oz	2 tsp	
Pepper, black	1/6 oz	2 tsp	
Tomatoes, fresh, diced $\frac{1}{4}$ inch	3 lb	1 $\frac{3}{4}$ qt	5. Add tomatoes, celery, pimientos, peppers and onions. Mix lightly. 6. Cover; refrigerate until ready to serve.
Celery, fresh chopped	2 lb	1 $\frac{1}{2}$ qt	
Pimientos, canned drained, chopped	1 lb 12 oz	2 $\frac{1}{4}$ cups (1-No. 2 $\frac{1}{2}$ cn)	
Peppers, sweet, fresh chopped	1 lb 8 oz	4 $\frac{1}{2}$ cups	
Onions, dry, chopped	8 oz	1 $\frac{1}{2}$ cups	

- Note:
1. In Step 2, 6 lb medium grain rice may be used.
 2. In Step 4, $\frac{1}{2}$ oz fresh parsley A.P. will yield $\frac{1}{2}$ oz chopped parsley.
 3. In Step 4, 1/18 oz (1 $\frac{2}{3}$ tbsp) dehydrated parsley may be used. See Recipe No. A-11
 4. In Step 4, 11 oz (1 $\frac{1}{3}$ cups) reduced fat or fat free salad dressing may be used.

CONFETTI RICE SALAD

5. In Step 5, 3 lb 1 oz fresh tomatoes A.P. will yield 3 lb diced tomatoes; 2 lb 12 oz fresh celery A.P. will yield 2 lb chopped celery; 1 lb 13 oz fresh, sweet peppers A.P. will yield 1 lb 8 oz chopped, sweet peppers; 9 oz dry onions A.P. will yield 8 oz chopped onions.
6. In Step 5, 1 oz (4 2/3 tbsp) dehydrated onions may be used. See Recipe No. A-11.
7. In Step 5, 4-7 oz cn canned pimientos may be used.
8. In Step 5, 1 lb (1-No. 303 cn) canned red sweet peppers, may be used for pimientos
9. In Step 6, rice salad may be served on lettuce. Use 4 lb fresh lettuce, trimmed and cored. (4 lb 5 oz A.P.)
10. In Step 6, One No. 8 scoop may be used. See Recipe No. A-4

VARIATION

1. CREAMY CUCUMBER RICE SALAD: Follow Steps 1 through 3. Omit Step 4. Combine 6 lb 8 oz (3 qt) plain, lowfat yogurt, 1 lb 5 oz (3 cups) pared, finely chopped cucumbers (1 lb 9 oz A.P.) , 10 oz (1 1/3 cups) salad dressing, 1 oz salt (1 2/3 tbsp), 1/2 oz (4 1/3 tbsp) whole dillweed 1/4 oz (2 tsp) garlic powder and 1/6 oz (2 tsp) black pepper. Mix thoroughly. Combine with chilled rice. In Step 5, omit tomatoes. Use 2 lb 8 oz (2 qt) unpared, quartered lengthwise, slice cucumbers (2 lb 10 oz A.P.) Follow Step 6.
EACH PORTION: 1/2 Cup (4 ounces)

KIWI FRUIT SALAD

Yield 100 Portions

Pan Size

() Pans ° F.

Each Portion 1/2 Cup (3 1/2 oz) Salad & 2 Tbsp Dressing (1 oz)

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
103 cal	23 g	2 g	1 g	7 %	1 mg	18 mg	4 g	66 mg

Ingredients

Weight

Measure

Issue

YOGURT, LOW FAT, PLAIN

5 3/8 lb

2 1/2 qt

SUGAR, GRANULATED

1 5/8 lb

3 1/2 cup

JUICE, LIME, FRESH

1 3/8 lb

2 1/2 cup

2 7/8 lb

NUTMEG, GROUND

1/4 oz

2 1/2 tsp

GINGER, GROUND

1/8 oz

2 1/2 tsp

APPLES, FRESH, EATING, RED TART UNPARED & CORED,
1/2 INCH PIECES

7 1/4 lb

7 1/2 qt

8 3/8 lb

KIWIFRUIT FRESH, PARED, CUBED, 3/4 INCH

7 1/4 lb

1 gal

8 3/8 lb

ORANGES, FRESH PEELED, SEEDED, 1/2 INCH PIECES

3 7/8 lb

2 1/4 qt

5 5/8 lb

PINEAPPLE, CANNED, CHUNKS, DRAINED

4 1/8 lb

2 1/4 qt

5 1/8 lb

LETTUCE, FRESH TRIMMED & CORED

4 lb

4 1/3 lb

Methods

- 1 Combine yogurt, sugar, lime juice, nutmeg, and ginger in mixer bowl. Blend at medium speed until smooth, about 2 minutes. CCP: Cover; refrigerate product at 41° F. or lower.
- 2 CCP: Wash fruits thoroughly in a clean, sanitized sink. Combine apples, kiwi fruit, oranges, and pineapple. Mix lightly.
- 3 Place 1 lettuce leaf on each serving dish. Place 1/2 cup (1 No. 8 scoop) fruit mixture on lettuce. CCP: Cover; refrigerate product at 41° F. or lower.
- 4 Serve each portion with 1 oz dressing.

MARINATED BLACK BEAN SALAD**Yield** 100 Portions**Pan Size**

() Pans ° F.

Each Portion 3/4 Cup (6 1/4 oz)

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
152 cal	30 g	8 g	1 g	5 %	0 mg	155 mg	5 g	39 mg

Ingredients**Weight****Measure****Issue**

BEANS, BLACK, DRAINED

15 lb

8 1/4 qt

22 3/4 lb

CORN, FROZEN, WHOLE KERNEL THAWED

11 lb

7 5/8 qt

TOMATOES, CANNED, DICED

6 3/8 lb

12 cup

PEPPERS, SWEET, FRESH, GREEN STEMMED, SEEDED,
CORED, DICED, 1/4 INCH

2 1/4 lb

6 3/4 cup

2 3/4 lb

PEPPERS, SWEET, FRESH, RED STEMMED, SEEDED, CORED,
DICED, 1/4 INCH

2 1/4 lb

6 3/4 cup

2 3/4 lb

ONIONS, DRY, RED PEELED, CHOPPED

1 1/4 lb

3 1/2 cup

1 1/3 lb

JUICE, LEMON, CONCENTRATE, 3+1, RECONSTITUTED

12 7/8 oz

1 1/2 cup

PEPPERS, JALAPENO DRAINED, FINELY CHOPPED

12 3/4 oz

1 1/2 cup

CILANTRO, FRESH TRIMMED, CHOPPED FRESH

2 oz

7/8 cup

CUMIN, GROUND

3/4 oz

2 2/3 tbsp

SUGAR, GRANULATED

3/4 oz

1 2/3 tbsp

Ingredients

	Weight	Measure	Issue
SALT	5/8 oz	1 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
LETTUCE, FRESH TRIMMED AND CORED	4 lb		4 1/3 lb

Methods

- 1 Combine beans, corn, tomatoes, green peppers, red peppers, onions, lemon juice, jalapeno peppers, cilantro, cumin, sugar, salt and garlic powder. Mix well to thoroughly combine all ingredients.
- 2 CCP: Cover; refrigerate product at 41° F. or lower.
- 3 Place lettuce leaf in serving dish. Top with 3/4 cup salad. CCP: Refrigerate product at 41° F. or lower.

Notes

- 1 In Step 1, 7 lb dry black beans and 3 gal water may be used. Follow Steps 1 through 5 of Recipe No. Q00300, Boston Baked Beans.
- 2 In Step 1, 1/4 oz (6 2/3 tbsp) dry cilantro may be used.

BROCCOLI SALAD

Yield 100 Portions

Pan Size

() Pans ° F.

Each Portion 1/2 Cup

Calories	Carb.	Protein	Fat	% Cal / Fat	Cholesterol	Sodium	Fiber	Calcium
159 cal	33 g	3 g	3 g	16 %	0 mg	200 mg	3 g	46 mg

Ingredients

	Weight	Measure	Issue
BROCCOLI, FRESH	13 1/2 lb	3 1/3 gal	29 lb
SALAD DRESSING, FAT FREE	4 lb	2 qt	
SUGAR, GRANULATED	1 3/4 lb	1 qt	
VINEGAR, DISTILLED OR CIDER	1/4 lb	1/2 cup	
MILK, NONFAT, DRY	1/2 oz	1 2/3 tbsp	
WATER	1/8 lb	1/2 cup	
RAISINS	4 3/4 lb	3 3/4 qt	
WALNUTS, SHELLLED HALVES & PIECES, OPTIONAL	2 lb	2 qt	
ONIONS, DRY PEELED, OPTIONAL	1/2 lb	2 cup	9 oz

Methods

- 1 CCP: Wash vegetables thoroughly in a clean, sanitized sink. Wash broccoli. Cut heads into florets. Dice stems.
- 2 Reconstitute milk. Combine fat free salad dressing, sugar, vinegar and milk. Mix well. Add to broccoli.
- 3 Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing.
- 4 CCP: Refrigerate product at 41° F. or lower.